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Lac la Biche Herald

Vol. 13, No. 26 — EDMONTON, ALBERTA, SATURDAY, JUNE 25, 1960 — Section One—16 Pages — 10c PER COPY

Lac La Biche Golf Starts On Sunday

Dividends Paid By Co-operative After 15 Years

Hylo Co-op is paying dividends after an existence of 15 years. It was started in 1945 and the directors decided at their meeting to have dividends paid to all pensioners who have an equity of over $100. Anything over $100 is to be paid off. Although this will not affect many at this time it does mean that plans are being realized.

A discussion in regard to enlarging the store took place and the directors are to meet again soon, at the home of Mr. and Mrs. A. Bourassa, for further plans.

Lac la Biche Teams Win Games At Boyle

BOYLE — Nearly 300 people attended the FUA picnic held on Farmer's Day, June 10, at Skeleton Lake.

For entertainment there were ball games, crown and anchor and bingo.

Hot dogs and soft drinks were served at the booth. Some families enjoyed picnic dinners.

In the ball games, Lac la Biche Ponies won over Boyle Ponies.

Lac la Biche Colts won over Boyle Colts.

Lac la Biche

Richard Rizzoli, 12-year-old son of Mr. and Mrs. Ben Rizzoli, was taken to the General Hospital, Edmonton, last week for further treatment after being hospitalized here for several days.

Mr. and Mrs. Gerry Straathof and baby son visited relatives in Hardisty over the weekend.

Mr. and Mrs. Dan Goldsmith attended some of the Leighton Ford meetings recently held in Wainwright. Mr. Ford and Mr. Goldsmith were school chums in Chatham, Ont.

AURORA THEATRE

Lac la Biche — Alberta

Showtime: Monday through Friday, 8:30 p.m. Saturday at 2:30, 7 and 9:15 p.m.

PRESENTS

Current Newsreel Showing each Friday and Saturday. A Chapter of an Exciting Serial Showing each Saturday Matinee at 2:30 p.m.

Mon. & Tues., June 27 & 28—

"WOMAN OBSESSED"

Drama in Technicolor and Cinemascope. Starring: Susan Hayward, Stephen Boyd, Barbara Nichols.
A romantic story of hardship and strife that grows into a future of secure happiness. How a young boy's hatred of his harsh stepfather turns to love.
Showing at 8:30 each evening.

Thurs. & Fri., June 29 & 30—

"TIMBUKTU"

Action Drama
Starring: Victor Mature, Yvonne DeCarlo, John Debner, Marcia Henderson.
The hottest adventure from here to Timbuktu. See the tarantula desert torture. The massacre at the Mosque, the human lance targets in a scorching adventure tale.
Showing at 8:30 each evening.

Fri. & Sat., July 1 & 2—

Adult Comedy

"Who Was That Lady?"

Starring: Dean Martin, Tony Curtis.
A light-hearted look at romance amongst the adults.

THE NEWEST ADDITION to Canada's purebred cattle associations, is the Charolais cattle association, the 15th. The federal department of agriculture aproved the association and agreed to maintain a grading-up system for record purposes and eventual resignation. The Charolais have been imported from the U.S. They are silvery white with very thick hair and have rapid growth, feedlot gains and high dressing percentage.

Natural Gas System Draft By-Law Accepted In Principle By Board

LAC LA BICHE — Regular meeting of the town council was held June 14 with Councillors Vincent, McMillan, Shanks and Lobay and Mayor Maccagno and Secretary Creighton in attendance.

As the appointment of deputy mayor had been for a six-month period only, and the term of F. W. McMillan had now expired, the matter was again on the agenda. Lionel H. Vincent was appointed to the office until after the regular annual elections in October.

Mayor Maccagno reported that a draft by-law for the operation of a natural gas system by the town had now been prepared in detail and had been accepted in principle by the board of public utility commissioners. A copy of the document was produced and was given close examination by the council. The council felt that the proposed plan for natural gas was well prepared and offered many sound and attractive features. A meeting has been arranged with government and other officials in Edmonton, when the council will become better acquainted with the whole scheme for a town gas utility. The next step will be to give first reading to the by-law and advertise a plebiscite vote when the ratepayers will be given the opportunity to reject the plan or put it into motion. Should the proposed plan be approved, the council felt that work on gas lines would begin within days after the approval was given.

A building permit was approved for St. Catherine's parish for the construction of a rectory to cost approximately $15,000. A permit was approved for an addition to a small dwelling to cost $350.

Considerable correspondence was read dealing with a variety of requests for street improvements, sidewalks, etc. in various parts of the town. Some of the improvements had been planned by council and others were promised due consideration. A letter was read from the extension department of the University of Albera, informing the council that the secretary-treasurer had successfully completed the first year of a three-year course in public administration. Council voted to refund half the cost of the course to the secretary-treasurer.

WHAT TO DO ON JULY 1

The Special Section for the Lac la Biche Sports Day is running in this issue to give the rural folk a chance to read up on the events in plenty of time to make plans to attend the Sports Day.

There is little reason to worry about paying off the national debt. However, we need not increase it any more — unless we are drawn into another war.

VIOLATOR

SPEEDER

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Former Amateur Champ To Play Exhibition Match At Opening

By Ken Larson

Anyone for golf? No reason why you can't enjoy this great sport after catching your quota of pike, pickerel or perch in the Lac la Biche district.

Next Sunday, June 25, at 2:00 p.m. Mayor Mike Maccagno and Dr. D. D. Bouvier will officiate at the opening of the nine hole golf course, three and one-half miles along the lakeshore, east and north of the town.

Most folks remember the development as Joe Albas' farm. Now 21 acres of the 50 acres purchased for $3,000 by the shareholders serves as fairway leading up to sand greens.

On hand for the opening will be Glen Gray, former amateur golf champion of Alberta, and well-known curler, who will give an exhibition match. The name of his opponent has not yet been announced.

Par is 33 for the course. This is fairly easy to shoot, according to Dr. Bouvier, who feels 30 would be more sporting.

Memberships for the season will cost $15 for men, $10 for women, and $25 for families. The price for a round of nine will be 75 cents.

To get the golf course started, 100 shares valued at $25 each were sold. There are 70 shareholders, some, of course, holding more than one share. A tractor and fairway mower has been part of the initial purchases. A clubhouse will be provided for at a later date.

Dr. J. G. Rowand Back At Office

Dr. James G. Rowand has returned to his office after having completed an advanced graduate fiting course, in the prescribing fitting course, in the prescribing their design and modification.

This course was taught by Dr. Neal J. Bailey, Ph.D., at Columbus, Ohio, and sponsored by the Contact Lens Program Service.

Box Social And Dance Held At Grassland

GRASSLAND — A box social, followed by a dance, was held in the Grassland Community Hall recently. The event was sponsored by the Ladies' Aid of the Anglican Church.

Music was supplied by the Rocky Ramblers.

Special Section For Dairy Month

The Dairymen's Association of Canada declared June as Dairy Month. In recognition of this a special Dairy section can be found in this issue of the Lac la Biche Herald.

Farm Mishap Victim Taken To Edmonton

Mike Ustina, 69-year-old farmer of the Frains district, is in University Hospital, Edmonton, in critical condition following an accident at his farm Wednesday night.

The badly injured man was first brought to Lac la Biche for treatment but on his arrival, Dr. Bouvier immediately sent for the RCAF mercy plane. Although the injured man arrived in town at 9 p.m. it was 12:30 a.m. before the plane arrived to transfer him to Edmonton.

Cause of the accident is not clear but it is reported that the man's clothing caught in the power take off on the tractor while he was operating a combine. One leg was severely crushed and his body and face extensively cut and bruised.

Tymafichuks Buy Joe's Coffee Shop

LAC LA BICHE — Joe's Coffee Shop, operated by Joe Strimbisky and his wife for the past few years, is now under new management. Mr. and Mrs. John Tymafichuk and family of Glendon are now the proprietors. Tasty full course meals will be served and plans are being made to operate a banquet room in the near future.

Mrs. Roy Whitford has been engaged as chief cook. Mr. and Mrs. Tymafichuk will be assisted by their daughter and two teen-age sons.

Mr. Strimbisky's plans are uncertain at present but he will be in Lac la Biche for some time yet.

Department Of Public Welfare Opens Offices At Lac La Biche

The department of public welfare, with L. G. Comley, supervisor of the Lac la Biche regional office, has opened up offices in the Hominiuk Building on Alberta Ave. The suite contains a waiting room, receptionist's office and private offices for the supervisor and assistant supervisor, as well as washrooms. Tastefully decorated with pale green walls, blonded woodwork, tile floor in shades of buff and brown, the offices are an asset to the town.

With such a large district, stretching from Caslan to McMurray, Mr. Comley and his secretary, Miss Lena Bereska, are kept busy. It is expected an assistant supervisor will be added to the staff here in the near future.

Office hours are from 9:00 a.m. to 5:00 p.m. Monday through Friday.

The opening of offices of the department of welfare in Lac la Biche is most welcome and fills a long-standing need.

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Blue Jay—Ellen Jastrzebski
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Berny—Miss Lena Menard
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Frains—Miss Juliana Kolach
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Goose Lake—Miss Doris and Lynda Bergheim
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Owl River—Mrs. Gladys Diesel
Plamondon—Mrs. E. T. Piquette
Plamondon Bay—Mildred Ladouceur
Rich Lake—Mrs. R. C. Kumpula
Sarrail—Carol Marchuk
South Hylo—Mrs. W. Sawchuk
Spruce Valley—Mrs. J. Homeniuk
Venice—Miss Denise Lefebvre
Wandering River—Miss Jeannette Strayski

Grassland

Meredith Guy returned home from the hospital in Edmonton on Friday in a car driven by his nephew, Richard Garnier.

Ted Leshchyshyn has returned home after working in the Red Deer district for a short time.

Congratulations of the district are extended to Mr. and Mrs. John Murowchuk on the birth of a son and heir.

A grandstand is being erected on the baseball diamond from proceeds of the grant supplied by the provincial government. It is also planned to improve the skating rink.

THE Homemaker

By BERTHA M. McCUTCHEON

Let me tell you about a quick June dessert, double duty Fruit Salad. You'll be making up this dessert, over and over again in June, once tasted. Get a pint of dairy sour cream. Add a little bit of sugar, white or brown, doesn't matter. Now, fold in fresh fruit of your choice . . . all one flavor, or mixed. Fold in some marshmallows, cut up big ones, or the modern baby size ones. Add some cocoanut too. Chill it for an hour or two in your frig. Serve with a flourish. And my own variation includes snippets of candied ginger. Divine for ginger lovers.

B. McCutcheon

Our friend Marie Fraser, of the Dairy Foods Service Bureau, has sent us a little note you'll be glad to hear about. In honor of June dairy month, Marie has two brand new recipe booklets available to you free of charge. One of them features new cottage cheese recipes, and do they ever look tasty! They run gamut for savory main dishes, to salads, sandwiches and desserts. Here are a few samples. There are two luscious looking cheesecakes—baked and unbaked, complete with toppings. Main dishes include a quick lasagna and a zesty macaroni Romanoff. For the kiddies, (and maybe for adults too) there are cottage cheese cones and cute rocket salads—ideal for parties, and an enticing way to give the youngsters nourishing good food. We can't go through all the recipes now, but I'm sure you'll want to try these tasty ways of eating cottage cheese.

You're probably wondering now about Marie Fraser's second booklet. Well, it features that ever-popular dairy food dessert, ice cream, and 15 new ways to serve it. There's a double-ring dessert mold that's pretty as a picture, and looks delicious too. Several dreamy sauces and toppings are included. I notice there's a spiced cashew cream Sundae, for instance, and a chocolate bittersweet sauce. If you've never made an Alaska yet, this booklet tells you how, in recipes for tempting strawberry Alaska pie and orange baked Alaskas. A couple of frosty beverages are also included, to keep you cool in the coming warm weather months.

If you'd like to have these recipe booklets, just write a note to Marie Fraser, 409 Huron Street, Toronto 5, Ontario asking for her new cottage cheese recipes and ice cream recipes. If you prefer, you can also write to us here at Westlock and we'll forward your request to Marie.

Completion Of Road Sought By C Of C

LAC LA BICHE — A buffet supper at Sampietro's Inn on Beaver Lake was the highlight of the June meeting of the chamber of commerce. Twenty members and one guest enjoyed a meal with spaghetti and meat balls as the main course.

J. Klein, 1st vice-president, was chairman at the business meeting that followed. An invitation was read from the Athabasca chamber to attend its June meeting at which Hon. A. J. Hooke was to be the guest speaker.

New members welcomed to the Lac la Biche group were Dave Skakun and Richard Doucet of Dave's Tire Shop and Jaques Tremblay of Tremblay Electric.

A motion was passed that a letter be written to the minister of highways concerning the deplorable condition of Highway 46 and urging completion of the south highway as soon as possible.

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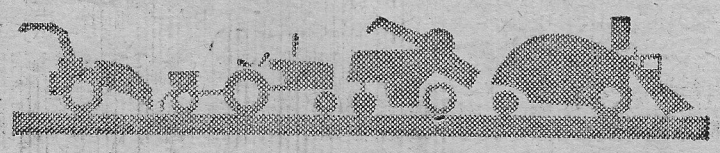

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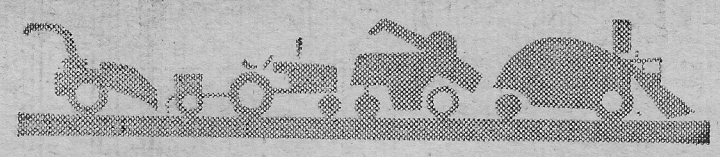

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Loretta Bury And La Verne Paul Exchange Wedding Vows And Rings

CASLAN — The Pentecostal Tabernacle at Thorsby was decorated with lilacs for the marriage of Miss Loretta Bury, daughter of Mr. and Mrs. Jack Bury of Westview, B.C., formerly of Caslan, to Mr. La Verne Paul, son of Mr. and Mrs. Reinhold Paul of Thorsby.

Rev. R. M. Dowbush conducted the double-ring ceremony in which the bride was given in marriage by her uncle, Mr. Glen Meyer.

For her wedding the bride chose a floor-length gown of white organza over satin. The fitted bodice was designed with a high neckline and long sleeves. Her chapel veil was held by a crown trimmed with pearls. She carried a cascade bouquet of red roses.

Mrs. Muriel Phelps was her sister's matron of honor. Bridesmaids were Miss Edna Meyer, aunt of the bride, and Miss Evelyn Krawchuk. They wore identical gowns of lime green nylon chiffon over taffeta with bouffant skirts and wore white feather hats. They carried bouquets of peach roses.

The grooms' attendants were his brothers Mr. Vernon Paul and Mr. David Paul and his uncle Mr. John Orton.

Organist was Mrs. Harvey Plunkie and soloist was Mr. Harvey Plunkie.

For her daughter's wedding Mrs. Bury chose a dress of rose nylon over a flowered skirt. Mrs. Paul, the groom's mother, wore a light blue suit. They both wore red rose corsages.

At the reception in the Thorsby Community Centre a toast to the bride was proposed by her uncle, Mr. Albert Meyer. Rev. R. M. Dowbush was master of ceremonies.

The bride's travelling ensemble was a turquoise suit with white accessories. Her jewelry was a pearl necklace and earring set, a gift from the groom. She wore a rose en corsage.

Mr. and Mrs. Paul will reside in Edmonton.

Guests who attended the wedding from distant points included: Mr. and Mrs. O. Jean, St. Paul; Mr. and Mrs. W. Martin, Mrs. Rentz and Irvine, Barrhead; Mr. and Mrs. William Peregrym, Blackfoot; Mr. and Mrs. J. Plunkie, Chilliwack, B.C.; Mrs. Jack Bury, Westview, B.C.; Mrs. Roy Phelps, Hudson Hope, B.C.; Mr. and Mrs. Robert Rentz, Naples; Mr. Paul Bury, Delbourne; Mr. and Mrs. Elmer Meyer, Glen Meyer and Miss Edna Meyer all of Caslan.

How Chiropractic Helps Man

By Dr. K. W. Tenove, Chiropractor

Chiropractic as a separate and distinct science was discovered on September 18, 1895 by the late Dr. D. D. Palmer.

On that date, over sixty years ago, Dr. Palmer observed a subluxation in the spine of Harvey Lillard, who had been deaf for 18 years.

An adjustment of the subluxated vertebrae was made and Mr. Lillard was able to hear normally!

Two theories were advanced because of this miracle of a half century ago:

First, that the vertebrae in the spinal column were subluxated and could be adjusted by hand.

Second, that this subluxation could interfere with an abstract mental impulse flow of energy between the brain and the body.

And theory must be proved before it can be accepted!

The proving grounds for the Chiropractic theory were the sick people who presented themselves to see if this strange new method might be beneficial in their cases.

The percentage of the results obtained, in these early days of Chiropractic, was so gratifying that soon after its discovery a school was started.

Today there are many Chiropractic schools in this country and in foreign countries as well.

According to government statistics, there are some 30,000,000 people who annually solve their health problems through this new science.

Many hopeless and almost incurable patients freely and readily testify that they owe their health and life itself to the health providing forces brought into use.

Neil Proctor To Be Instructor During Learn-To-Swim Classes

LAC LA BICHE — Neil Proctor of Lloydminster, who has been engaged as swimming instructor for the summer months, was in town recently to make tentative plans for the course. Mr. Procter met several members of the recreational committee and was taken on a short tour of the town.

Swimming instruction will commence on July 4. Forms were circulated to those wishing to take the course. Entries closed June 22.

Arrangements are being made with the local health unit for the medical examinations required before starting the classes. These examinations will be free of charge.

The Canadian Legion has offered to convert the verandah of its club house into temporary dressing rooms for those taking the course. These dressing rooms will be under adult supervision during the instruction periods.

Mr. Procter comes with excellent references and qualifications. It is anticipated that with continuance of the excellent co-operation received thus far from the various organizations of the town, the Home and School Association will be able to carry out a successful "Learn to Swim" campaign this summer.

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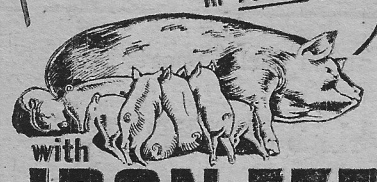

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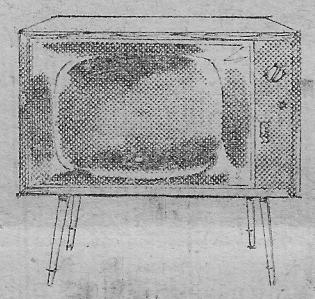

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Hold Lac La Biche Sports Day July 1

Asbestos was used against fire as long ago as the fifth century B.C.

Atmore

A large crowd attended the show "Davy Crockett and the River Pirates" held in the local community hall June 16.

George Ramsum was admitted to the Lac la Biche Hospital last week.

Mr. and Mrs. Eugene Lazaruk visited at the home of James Campbell recently.

Mrs. Max Stanchfield travelled to Anzac to join Mr. Stanchfield there.

Construction has been getting underway on Highway 46 near and in town. The side roads are also in need of repair.

Many farmers in the district are finishing combining their last year's crop of grain. Reports say it is turning out quite well.

Linda and Shirley Tucker have been on the sick list recently.

June 24 was the day set for cleaning at the cemetery at Grassland.

Mrs. Albert Le Rouzic of Charron and Mrs. Sandy Karpetz were business visitors to Barrhead last week.

Bayview

Marcel Plamondon, who has spent some time in Fort Smith, is visiting his parents here.

A well has been dug and pump installed at the Bayview resort.

Weekend visitors to this district were Mrs. S. Kazmeirchuk and Ted and Sophie of Grassland and Steve Kamelchuk and Miss H. Mischuk of Edmonton.

Owl River

Mr. and Mrs. Andy Guinand and boys and Mrs. William Sawchuk and Betty, all of South Hylo, visited Mrs. Sawchuk's parents at the river on a recent Sunday.

Mr. and Mrs. Joseph Ray, Jr. and family of Lac la Biche visited Mr. Ray's mother and sister on Farmers' Day. They planted some garden here.

Charron

Mr. and Mrs. Velmore St. Jean motored to Drumheller to attend the funeral of the former's sister.

Miss Shirley Fischer is staying at the home of Mr. and Mrs. Meredith Guy in Grassland, while Mr. Guy is undergoing surgery in the University Hospital, Edmonton.

The picnic held in Plamondon on June 12 was attended by many district residents.

Mr. and Mrs. Jacob Shapka attended the 50th wedding anniversary of friends from the old country who have made their home in Caslan.

Mr. and Mrs. Fred Fischer and George Fischer made a recent business trip to Edmonton.

John Zayonc and daughter Stephine made a business trip to Athabasca recently.

Gourin

Mr. and Mrs. Andre Ulliac, accompanied by John Van der Kley, spent the weekend at the Louis Ulliac home.

Mr. and Mrs. Leo Lamoureux were visitors at the home of Francois Ulliac.

Daniel Lebeuf spent the weekend with his uncle on the farm.

Mr. and Mrs. Victor Duperron will soon move into their new home.

Mr. and Mrs. Hans Yoachim Greinke from Vancouver are visiting Mr. and Mrs. Wolf and son Gerald.

Baseball Tournament Has Eight Teams Entered For $400 In Prizes

By Gene Hadley

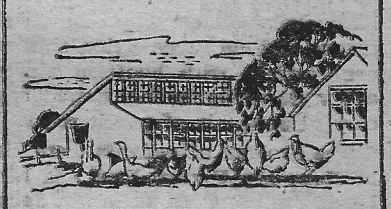
LAC LA BICHE — The committee has planned a full day for July 1 when all those from the town and surrounding area will gather to take part in, or just watch, the Lac la Biche sports

To the usual round of fun a parade has been added. This is something new for Lac la Biche and all are waiting to see the results of the work local businessmen are putting into their floats. Also new for this year will be the appearance of the Indians from the Saddle Lake Indian Reserve. They will perform native dances in full dress.

Eight teams have entered the baseball tournaments: Kikino, Grassland, Plamondon, Boyle, Two Hills, St. Lina, Athabasca and Lac la Biche. This promises to be an exciting event and each team will have many rooters with them to cheer them on to victory.

In the pony league, Athabasca, Grassland and Lac la Biche will play off and the girls' softball will see Lac la Biche and Plamondon competing for top prize money.

There will be a concession with bingo, games of chance and skill and the usual refreshment booths. At night a big dance will be held in the Lac la Biche Memorial hall which is one of Alberta's most modern ballrooms. Here young and "older" will join together to dance away the last hours of their sports day.



Best Wishes to the Committee

They have planned a day of fun and enjoyment. Come and support them and your favorite ball team.

Hayward Lumber Co. Ltd.

Lumber - Paints - Hardware

LAC LA BICHE Alta.

Skip your way to the SPORTS DAY

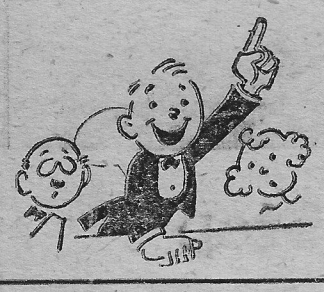
Lac La Biche, July 1.

Fun for all!

LAC LA BICHE HOTEL CAFE

Come for a meal, lunch or a soft drink or coffee.

Ph. 11 LAC LA BICHE



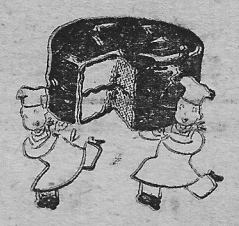
Come! — Come! — Come!

There is fun for all at the Lac la Biche Sports

Richard's & Dave's Tire and Radiator Shop

Vulcanizing - Adjusting - Belt Splicing - Cleaning - Repairing Recoring

LAC LA BICHE Alberta



Come Join the Celebrations at the Lac La Biche Sports

Patry's Bakery

Fresh Bread and Pastries Baked Daily

Ph. 94 LAC LA BICHE

Softball and Baseball Fans . . . There is a full line-up for your enjoyment on July 1

O. K. Motors

Ford - Monarch - Falcon Cars - Ford Tractors and Trucks

Phone 68 LAC LA BICHE

WELCOME — WELCOME

You will find fun for all ages at the Lac la Biche Sports Day July 1

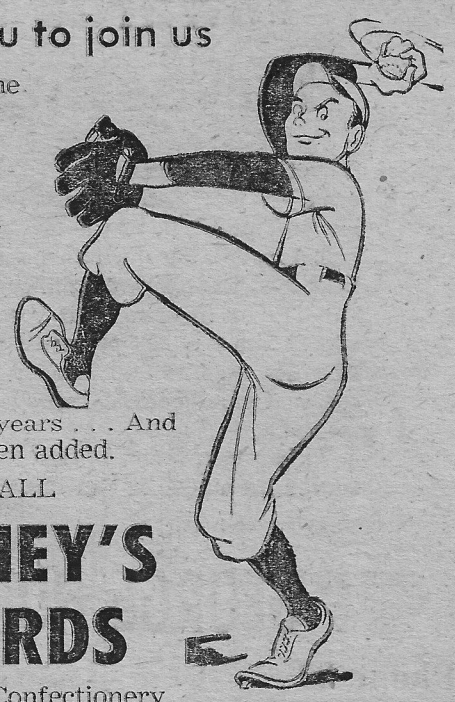
ROBINSON'S STORES

"SERVE YOU BEST"—Clothing for the entire family, Gifts and Novelties

LAC LA BICHE Phone 205 Alberta

We invite you to join us at the

LAC LA BICHE SPORTS July 1



All the fun of other years . . . And a parade has been added.

FUN FOR ALL

COURTNEY'S BILLIARDS

Barber Shop and Confectionery

Phone 77 LAC LA BICHE

Spend a Day at the Sports July 1 at Lac La Biche

There is fun for all.

Michael Hamar Supermarket

Your headquarters for sporting goods. Fill your holiday food basket from our well stocked shelves.

Phone 2 or 50

LAC LA BICHE Alta.

You will have fun at the Lac La Biche Sports Day.

LAC LA BICHE SALES & SERVICE

IHC Farm Implements and Trucks — Tune-up — Welding Steam Cleaning

LAC LA BICHE Phone 44 Alberta

You Are Cordially Invited to the Lac la Biche Sports Day

Meet your friends at the sports ground July 1.

Lac La Biche Hotel

Fully Licensed - Comfortable Rooms - Moderate Rates

Phone 11 LAC LA BICHE

Parade - Baseball - Games - Dancing

Outside Teams Looking To Break Winning Streak Of Lac La Biche

In the 1959 sports day the teams representing Lac la Biche won all the first prizes offered. The baseball team took first prize in the tournament, the pony league team from the home town won first and so did the girls' softball team.

On July 1, all teams will converge on Lac la Biche with one thought in mind, to upset the home town teams all the way down the line. This will make the excitement keen as the local teams will be just as determined to keep the honor at home.

A unique form of entertainment will be awaiting those who attend the sports day when Herbert Erickson again puts on a demonstration in the almost lost art of archery. Mr. Erickson is Canadian champion in this art that is coming back into the public eye after years when it was hardly ever heard of in Canada. Fans will find this demonstration both interesting and fascinating.

There will be a display of tractors and automobiles on the grounds for those to view at any time they wish.

All these features make Lac la Biche the number one place to go on July 1. Those from far away could bring their fishing equipment and spend the rest of the long weekend fishing in one of the lakes surrounding the town. Plan to make this your stamping grounds for the whole July 1 weekend.

Church Notices

UNITED CHURCH OF CANADA
Lac la Biche Pastoral Charge
Sunday, June 26, 1960
LAC LA BICHE—
Sunday Church School 10:00 a.m.
Public Worship 11:00 a.m.
RICH LAKE—
(at Helena School Grounds)
Public Worship 2:00 p.m.
KIKINO—
Public Worship 5:00 p.m.
Minister: Stuart L. Munro
Phone 164, Lac la Biche

Hylo

Harry Hotsulak and John Moshuk were guests at the home of Mr. and Mrs. Alex Moshuk last weekend.

Mr. and Mrs. Richard Meardi attended the wedding of Walter Pohranychny in Edmonton last Saturday.

Nick Gushinsky was home last week visiting his parents.

Mike Petrowsky, who was carpentering at the home of Mr. and Mrs. Mike Zalewsky, has gone to work for A. Kuwica.

Wedding Dance Held For Popular Couple

A wedding dance was held on June 10 for Jean Shewtz and Johnny Polischuk.

Many friends and relatives attended and enjoyed dancing to the music of the Letwin Orchestra.

The bride and groom left for their honeymoon to British Columbia.

District Pioneer Dies In Hospital

ATMORE — An old-timer of the district, F. Hadley, passed away in the Lac la Biche Hospital following a heart attack.

He is survived by his wife.

Before retiring Mr. Hadley had operated a farm in the Grassland district. He moved to Atmore about a year ago and had since made his home here.

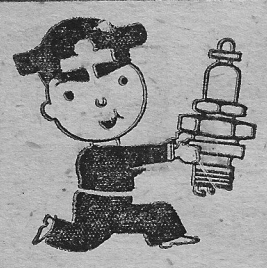
Welcome to the Sports!

We invite you to join the fun

MACLEOD'S
Authorized Dealers
Hardware - Appliances - Sporting and Automotive Supplies
Ph. 45 LAC LA BICHE

July 1 is the date . . . Lac la Biche the place . . . A big Sports day the event . . .
JOIN US!

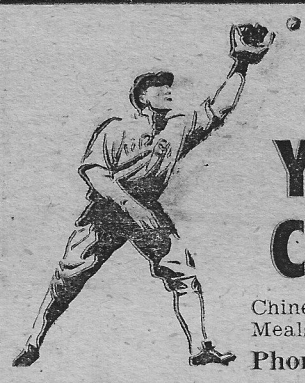
TREMBLAY ELECTRIC
Electrical Contracting — Radio and TV Sales and Service
Phone 236-R2 LAC LA BICHE



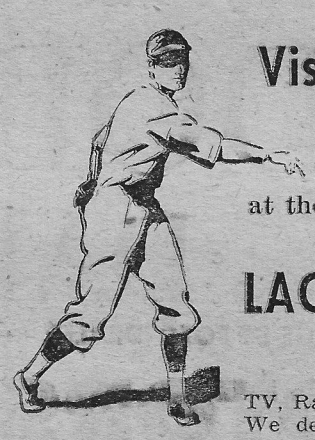
Join your friends at the Lac La Biche Sports. They will be there!

TRI WAY SERVICE
Specialist in Wheel Alignment
Phone 201 - Box 349
LAC LA BICHE Alberta

Greet your friends at the
Lac La Biche Sports Day
They will be there — join them!
YORK HOTEL
Fully Licensed - Modern Rooms
Phone 42 LAC LA BICHE



Make plans to attend the SPORTS DAY at Lac la Biche on July 1 — Fun for all!
YORK HOTEL COFFEE SHOP
Chinese Foods to Take Out—Full Course Meals - Short Orders and Confectionery
Phone 119 LAC LA BICHE



Visitors are welcome on July 1
at the ANNUAL SPORTS DAY in Lac La Biche
LAC LA BICHE ELECTRIC and HEATING
TV, Radio, Appliances, Sales and Service.
We design and install heating systems.
First class licence in TV, Radio and Gasfitting.
BERNARD ROMANIUK, Manager
Phone 61 Box 239 LAC LA BICHE

Bring your Friends with you When you come to Dine at the

Royal Cafe
For the Best in Full Course Meals, Lunches and Confectioneries
We are always happy to serve you with prompt, courteous service
LAC LA BICHE Alberta

WHICH TWINE is matched to your needs?

If you put up heaviest bales, get McCormick twine IN THE RED WRAPPER. *Safely holds bales up to 100 pounds.*
If you put up average size bales, for economy's sake get McCormick twine IN THE BLUE WRAPPER. *Safely holds bales up to 60 pounds.*
One bale* of McCormick '9,000 feet' twine ties 500 heavy bales. One bale* of McCormick '10,000 feet' twine ties 555 bales. In either case, you'll bale more hay for *less* money, in the secure way you want it tied—and get smooth, trouble-free performance from your baler.
Look beyond the price tag when buying twine. Compare length, strength, and uniformity. Even-spun, knotless McCormick twine is made in Canada from true Sisalana fibre—*flows freely through any knotter.*
*2 balls equal 1 bale.

McCORMICK BALER TWINE
in bags or in exclusive Quality Guard Carton

Popular Priced CUSTOM BALER TWINE
For economical baling—less than a penny a tie!

SOLD BY
LAC LA BICHE SALES & SERVICE
LAC LA BICHE Alberta

M. Stanchfield Gives Valedictory At Grassland Graduation Exercises

CHARRON — At the graduation exercises held at Grassland High School recently the toast to the Queen was proposed by Rose Marie Roskewich:

"It does me great honor to be chosen to present a toast to Her Majesty, Queen Elizabeth, who is the head of the Commonwealth of Nations and is honored throughout the world for her great devotion to the duties of her high office as the sovereign of a great empire.

"She is honored for the many virtues that she possesses — love of her subjects, regardless of race, color or creed, and for her truly democratic spirit.

"Ladies and gentlemen, let us rise and drink a toast to our gracious Elizabeth the Second, our Queen."

GRADS REPLY

The reply to the toast to the grads was given by Oliver Bowen: "Mr. Toastmaster, teachers, honored guests, fellow graduates, ladies and gentlemen: I deem it a privilege and an honor to be chosen to propose the reply to the toast for my fellow graduates, as well as for myself.

"We, the graduates, are grateful for the thoughts and wishes which have been expressed here tonight. Graduation brings to us the realization that we must leave the shelter of our homes and families, our school and teachers, our community and friends, to whom we owe our gratitude for giving us the tools with which to build a happy, worthwhile adult life.

"After graduation we may take our place in the world fearlessly because we are armed with the teaching and guidance of our parents and teachers.

"On behalf of my fellow graduates and myself, I wish to express the highest measure of thanks to Mr .McNeil, our principal, to the entire Grassland School and to our parents, who have all striven to assist us to reach this great moment."

VALEDICTORY

The valedictory speech was presented by Mae Stanchfield. "Mr. Chairman, teachers, parents, honored guests, ladies and gentlemen:

It is an honor to have been chosen to give the valedictory on this great occasion, for it is a great occasion for all the pupils who are graduating here tonight, and I am sure, for the teachers also, It is with deep regret that we bid farewell to our fellow students and school companions of so many years and also to our teachers who have been so helpful and patient in ministering to our wants throughout school.

"It will be a great change for us who have spent our life at home with our parents to have to go out and fend for ourselves and to have to face and solve our problems by ourselves for the first time.

"The climax will come when we begin to practice the various vocations we have chosen. Some of us will be entering the faculty of education, others entering the fields of medicine and science and many will be training for business college. Whatever fields we have chosen, I am sure we will put forth our greatest efforts as we have throughout the school years. There can be no doubt that we have profited mightily by our own and one another's mistakes as we went through school.

With happy recollections of the past and with prayers for inspiration for the future, we say "Farewell."

Helina

Recent visitors at the home of Mr. and Mrs. George Suhan were the latter's mother, Mrs. Durocher, her uncle and sisters.

The regular meeting of the FUA was held in the Helina School.

Neil McKay was delivering gas in the district recently.

Frank Morris of Gibbons was a recent guest at the home of Mrs. Eleanor Lyttle.

Reggie Hayward is a patient in the Lac la Biche Hospital with a broken arm.

Lester Whelen of Edmonton and Bill Irwin of Eckville were recent district visitors. Donna Irwin returned to Eckville with them after visiting in the district for a while.

Dennis Onciul was a recent patient in the Lac la Biche Hospital.

Recent visitors at the home of Mr. and Mrs. William Niblock were the couple's eldest daughter Norma and her husband of Calgary. They also visited at the Clayton Hayward home.

Mr. and Mrs. Mike Onciul and family of Edmonton are spending their holidays at the home of Mr. and Mrs. Dave Onciul.

DEPARTMENT OF PUBLIC WORKS, OTTAWA

TENDERS

SEALED TENDERS, addressed to Secretary, Department of Public Works, Room B322, Sir Charles Tupper Building, Riverside Drive, Ottawa and endorsed "Tender for Four-Bedroom Staff Unit and School Alterations, Sadd'e Lake Indian Agency, Goodfish Lake, Alberta" will be received until 3:00 p.m. (EDST), Wednesday, July 27, 1960.

Plans, specifications and forms of tender can be seen, or can be obtained on deposit of sum of $50.00 in the form of a Certified bank cheque to the order of the Receiver General of Canada, through:

Chief Architect, Department of Public Works, Ottawa, Ontario; Regional Director, Oliver Building, P.O. Box 488, Edmonton, Alta., and can be seen at the Post Offices at Redwater, St. Paul and Goodfish Lake, Alta.

The deposit will be released on return of the documents in good condition within a month from the date of reception of tenders. If not returned within that period the deposit will be forfeited.

To be considered each tender must—

(a) be accompanied by one of the alternative securities called for in the tender documents.

(b) be made on the printed forms supplied by the Department and in accordance with the conditions set forth therein.

The lowest or any tender not necessarily accepted.

ROBERT FORTIER,
Chief of Administrative Services and Secretary.

Evangelical Free Church

Pastor: A. Daniel Goldsmith

SUNDAY

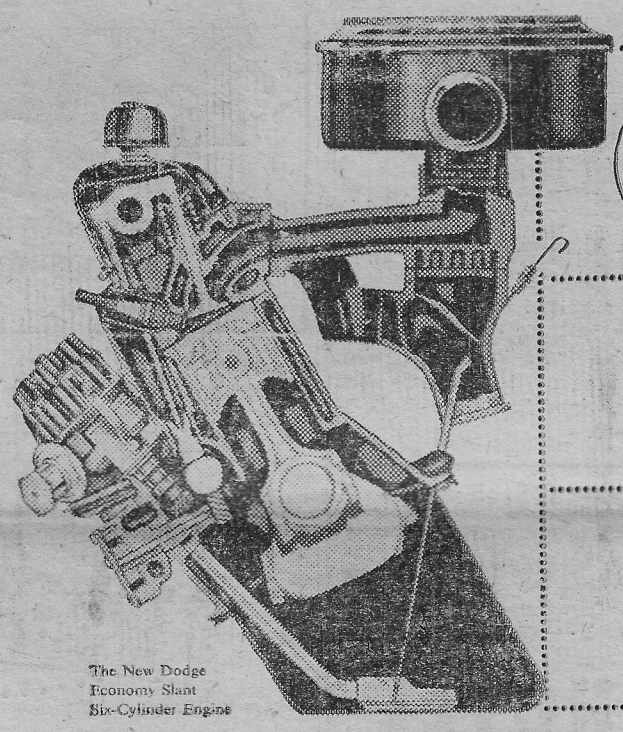
LAC LA BICHE

Sunday School ..... 10:30 a.m.
Evening Service .... 7:30 p.m.

HYLO

Sunday School and Worship Service .. 2.30 p.m.

New Dodge Six acts like an Eight ...saves on any gas!



The New Dodge Economy Slant Six-Cylinder Engine

Phoenix 4-Door Hardtop

A Quality Product of Chrysler Corporation Engineering

Acclaimed by people who know . . . by Canadians from coast-to-coast: the Dodge Economy Slant "Six", a brilliant achievement of Chrysler Corporation Engineering.

It's a new kind of high-spirited economy engine, designed to take full advantage of the latest advances in gasoline development. Thoroughly tested on all major brands of gas, it confirmed early predictions . . . V-8 spirit and pep with up to 50 extra miles on every tankful. Join the swing to Dodge Dart . . . action-test it today!

'60 DODGE DART

CD-2860A

SEE YOUR LOCAL DODGE-DE SOTO DEALER

IMPERIAL MOTORS

NEWBROOK Alberta

ASK YOUR DEALER ABOUT THE CERTIFIED CAR-CARE PLAN

The Three Faces Of Eve

By Corbett H. Thigpen, M.D. and Hervey M. Cleckley, M.D.

Concluding Chapter

Anly a few days ago we had the pleasure of talking again with Mrs. Evelyn Lancaster. It was a delightful and gratifying experience.

We had kept in touch with her by correspondence and her letters had informed us that she remained in good health and was happy. But to see her again at first hand almost two years after the integration or coalescence which had so dramatically occurred, was an experience we had long anticipated.

It was about six months after she was granted a divorce from Ralph White that the manifestations of multiple personality ceased. From that time on she had not been seriously troubled by headaches. There had been no blackout spells. The distressing nightmares that had afflicted Jane never recurred.

She felt all the conviction of certainty that the disparate Eve White and Eve Black and the separate Jane of the past were gone forever in all the finality of death.

Though much of Eve White's past still seemed not quite her own, she never wavered in the sense of motherhood toward Bonnie. At the basis of all her planning was a longing to have the child with her. She had seen the reasonableness of her former husband's wish that Bonnie remain with the grandparents until sufficient time had passed for some more reliable estimate to be made of her future health.

COULD SHE MARRY?

After the coalescence out of which she emerged, she often discussed with us the problems concerning her steadily increasing wish to marry Earl Lancaster,. His profession would probably require that he move about the United States through the next 15 to 20 years, going to various cities where the construction of chemical plants was in progress.

Would it be detrimental to Bonnie's chances for happiness if she had to grow up moving from place to place, never knowing the stability and continuity of a home in the ordinary sense ?

Our patient had frankly and fully discussed her strange illness with Earl, and he had assured her it made no difference to him. Yet, was it possible for this extraordinary past not to thrust itself somehow into their *relations?*

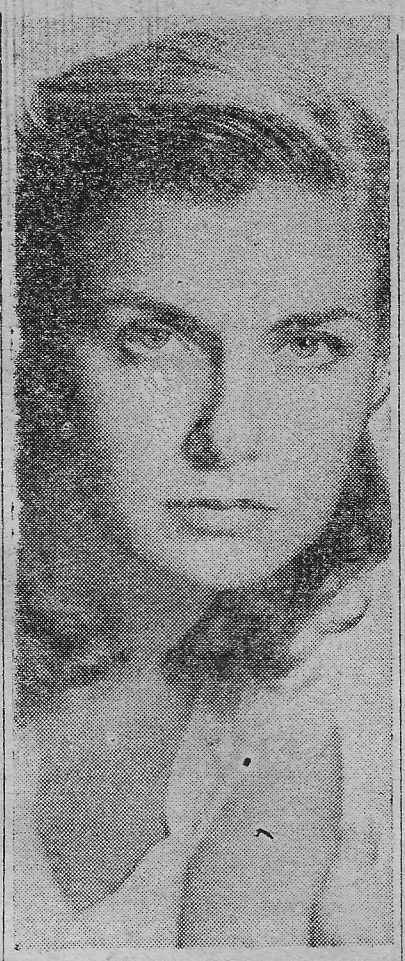
Lacking some part, or, to a degree, some dimension of the experience most women at her age had acquired, would she be able to fill the role of a wife adequately?

She was convinced that Earl wanted Bonnie with them but would he be able, in the multitudinous small stresses of daily living, to accept this little girl without reservation ?

IN BETTER HEALTH

Almost a year after her divorce, Earl found that he must leave within a week for a distant city. The prospect of his absence filled her with sadness and empty dread. They decided to wait no longer but to marry without delay.

Now after almost a year and a half of marriage she sat talking with us. Her voice, her face, and general appearance, her personal mannerisms and her posture were



THIS IS EVELYN, now Evelyn Lancaster, the final personality. Will she continue to have a happy life? The doctors do not know. Illustration from the 20th Century-Fox motion picture "The Three Faces of Eve".

clearly those of the Evelyn we had first known after the sudden disappearance of Eve White, Eve Black, and Jane. When she stood and walked it was not quite the identical stateliness that had so clearly distinguished Jane.

She looked stronger, in far better health, than when we last saw her. She had in fact gained 12 pounds. This, and her greater animation and energy lent to her figure and her movements something that recalled a little more definitely than before her marriage the memory of Eve Black's exuberant physical appearance. She was unquestionably a better-looking, a far more attractive woman than we had ever seen her before.

NYLON ALLERGY

She did not wear stockings when she came back to see us. Neither Eve White nor Jane had complained of any irritation from nylon; but Eve Black, as we have noted, complained that the stockings Eve White put on caused itching. Before the resolution occurred, we had all three personalities tested for allergy to nylon. No objective sensitivity was found in any one of them.

But, after her marriage and long after the resolution or coalescence, Evelyn developed a severe rash. Her local physician found in her a specific and serious allergic sensitivity to nylon.

We learned from her letters that she and Earl had not immediately reacted according to the old formula by which people are said to marry and, in uncomplicated simplicity, live happily thereafter. Mrs. Lancaster's difficulties seemed to have little or no relation to the old problems of Eve White or Eve Black. They were for the most part reactions to the inevitably subtle, paradoxical, and scarcely less than magic process through which man and woman either achieve the valid goal of love or fail miserably and find disillusion.

When Earl Lancaster talked with us at the time we last interviewed Evelyn a few days ago, he said that it made him feel very foolish to remember the attitude he had held about many small matters during the first months after the marriage.

FOUND HE WANTED HER

"It wasn't until about a year ago," Evelyn told us the last time we saw her in the office, "that I found I was sure he really wanted me. And it wasn't until then that I could understand what had been the matter before. It's something there isn't any way of explaining. I suppose I just had to learn something from inside of me that you can't get to know in a hurry. And no matter what anybody might do, there's no way for it to come except by growing."

Bonnie had come to stay with them for visits a few times after they had been settled for a month or two. After six months she came to remain for two weeks. When the time came for the child to return to her grandparents she seemed more reluctant than before to part with her mother.

Earl drove her in the car to the grandparents' home. She seemed entirely reconciled to the fact that she must go back. After her suitcase had been brought into the house and he had visited a while with Evelyn's mother and father, he said good-by and went toward the car.

The little girl now, to his astonishment, broke into a run toward him, "Daddy," she cried, "oh Daddy I want to go back with you. Please . . . please Daddy, take me too."

GENUINE HAPPINESS

Her feelings profoundly moved Earl Lancaster. He swept her up in his arms and held her very close. He had not realized until that moment that she had been able to accept him in the role he hoped some day to win. Since then Bonnie has remained with her mother and her new father.

After long discussions with the patient and with her husband, separately and together, we felt that, particularly during the past year, she must have made admirable progress. We cannot of course say that this progress will continue; but after being with her again, we felt that the happiness she expressed was genuine.

We are convinced that she has been able to make a happy life for her husband and her child. Will all this endure ?

Three testings with the semantic differential have been made since, instead of three personalities, only one remained for observation. The first of these showed changes that definitely suggested improvement, that were more in keeping with the responses of a normal and healthy person.

SHOWS IMPROVEMENT

But one test administered almost a year after marriage was far from encouraging. Its results were consistent with an increasing degree of emotional disorder. It is of particular interest to note that some of the responses on this occasion showed considerable resemblance to those of Eve Black when she was active.

The last test was administered at approximately the time of our recent interview with Evelyn. The changes this time, though not conclusive, indicated improvement. There was nothing, however, that parallelled the encouraging gains reported by Mrs. Lancaster and her husband, and which seemed to us so impressive clinically.

Is this improvement deep and quite real, or is it more superficial than it seemed to the patient and her husband, and to us ? Only time can give us this answer.

Whether or not Evelyn Lancaster will continue to enjoy a happy life we are unable to predict. Whatever may come, there seems to us little doubt that she has already won her way to a kind of victory against unusual odds that, however long it may be held, is truly remarkable. No life lasts forever.

If the integration she somehow achieved breaks and she becomes unable to fill her present role, we shall nevertheless remember that she reached a goal of love and fulfillment that many people, even without the strange and formidable handicaps that beset her, never know. (From the book "The Three Faces of Eve, copywright 1957 by Corbett H. Thigpen and Hervey M Cleckley, and published by McGraw Hill Book Co., Inc.) Distributed by The Register and Tribune Syndicate.

— THE END —

Fish Derby At Alberta Beach On June 26

The regular monthly meeting of the executive board of the Edmonton FGA was held at Muir Lake on the evening of June 14, Jack Beck presided. Mr. Beck opened the meeting with an expression of the deepest sympathy for James McAffee for the loss of his wife, who has been very well known in horticultural circles for many years. Mr McAffee is one of the oldest members of the Fish and Game Association.

Final arrangements were made for the Annual Fishing Derby to be held at Alberta Beach on June 26 First, second and third prizes will be awarded for the best pike and pickerel, prizes will consist of fishing tackle.

A checking station will be set up on the sports ground near the hotel and fish will be weighed in between noon and 7 p.m. Entry to the contest by membership card only. Members of other Fish and Game Associations cordially invited, a member's card will cover his family as well as himself. Memberships can be obtained from members of the executive at the checking station.

Other business of the meeting consisted of reports from the various committees. Tentative arrangements were made to hold a field day at the Edmonton Gun Club, and also a "Hunter's Nite" in the fall. The possibility of holding a three-day sportsman's show at the Jubilee Auditorium next Spring was also discussed.

Refreshments in the form of a barbecue supper were served, with the catering arrangements very ably handled by Mr. Bill Fisk and Urban Young.

Traffic Death Toll Increases

OTTAWA—A Canadian traffic death toll of 197 in April was reported by the bureau of statistics. The figure for the corresponding month last year was 182.

The toll by province, with last year's figures in brackets:

Newfoundland 1 (2); Prince Edward Island 2 (1); Nova Scotia 7 (8); New Brunswick 17 (8); Quebec 57 (47); Ontario 56 (59); Manitoba 8 (5); Saskatchewan 9 (9); Alberta 18 (9); British Columbia 22 (33) and the Yukon and Northwest Territories nil one.

Stole Meat With $3,099 In Pocket

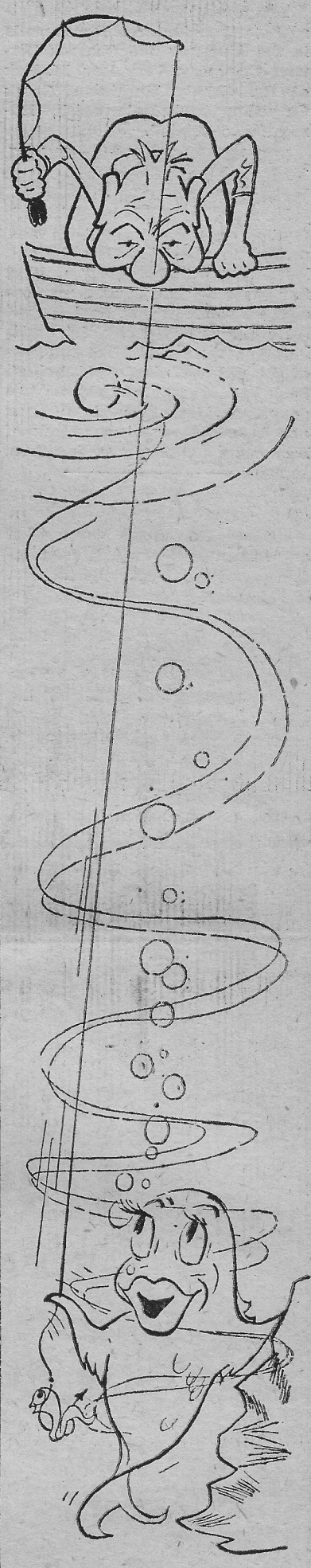
DETROIT (UPI) — A man who had $3,099 in his pocket when he was arrested will be examined next week on a charge of stealing $2.40 worth of lunch meat.

Walter Duda, 50, Detroit, stood mute when arraigned on the charge before recorder's judge Paul E. Krause.

Krause entered a plea of innocent for Duda, released him on $500 bond and ordered him to face examination.

Stocks that might go up radically in the next few months might also go down radically, as a usual thing.

Looking For Fishing Spots 'July 1 Holiday?



Then Read Lac La Biche, Spedden-Vilna Fish Pages In Alberta Country Life This Week

Funeral Held For Blue Jay Pioneer

One of the early settlers of the Blue Jay district, Parfenty S. Klimiuk, passed away June 15 following a short illness.

The funeral service was conducted June 17 and interment was made in the Blue Jay and Charron District Cemetery. Very Rev. M. Fyk of St. John's Ukrainian Greek Orthodox Cathedral parish, Edmonton, officiated.

Mr. Klimiuk was born Feb. 7, 1882, in the village of Obycz, Wolyn province in Poland.

In April of 1937 he, with his family, emigrated to Canada and settled in the Blue Jay district. Here he farmed actively until a few years ago, and was a member of the Alberta Wheat Pool.

He is survived by his wife Mokrena; four sons, Mike and Pete of Blue Jay, John of Kerrobert, Sask., and George of Lamont; two daughters, Mrs. (Priscinia) Vodnar and Mrs. (Mary) Swenarchuk of Edmonton and four grandchildren.

Caslan

Mr. and Mrs. Elmer Meyer, Glen and Edna Meyer renewed acquaintances in the Vegreville district last Sunday.

Clayton Hensen has the contract to remove the brick siding from the Caslan school.

Mr. and Mrs. Mike Kniazky are receiving congratulations on the birth of a son.

George Broder of Edmonton is visiting at the Henson home.

Mrs. Marion York and family of Edmonton visited friends in the district recently. Mrs. Yorke was a former teacher in the local school.

Mr. and Mrs. Clayton Henson received word of the arrival of a new granddaughter, Dawn Marie, born to Mr. and Mrs. Jim Peterson of Portage la Prairie, Man.

George Ziegler and Jack Lowe of Vegreville motored here and were guests of the Meyer home.

Harold and Nick Krawchuk of Edmonton renewed acquaintances in the district during the weekend.

Alex Holosh and his mother Mrs. Holosh of Webster are visiting friends in the district.

Struck By Car, Man's Legs Broken

LAC LA BICHE — Robert Whitford, 54, had both legs broken and other lesser injuries to his body when he was struck by a car while walking on the St. Paul highway 2½ miles south of town Wednesday evening about 11 p.m.

The road was reported to be very dusty at the time of the accident and the motorist failed to see the pedestrian. The injured man was taken to the University Hospital where he is making good recovery according to latest report.

Spruce Valley

Joe Bizon has been a patient in the Athabasca Hospital .

R. D. Bizon returned to his employment at Fox Creek after spending several days with his relatives here.

Harry Lewicki was accompanied by Adam Wojtowicz on a recent trip to Edmonton.

Road building operations have begun here.

Sarrail

Mr. Tremblay, a recent patient in Lac la Biche Hospital, is now at home in improved health.

Weekend visitors included Mr. and Mrs. Nick Basaraba, Nick Kolmatisky and Lornie and Miss Joyce Hewko.

Many district residents attended the recent picnics held at Skeleton Lake, near Boyle, and Plamondon.

Henry Buddy, truck driver from this district, was involved in an accident recently. While plowing his implements became stuck. The tractor overturned and he was pinned beneath it for some three hours until John Shvian came to the rescue. No serious injuries were received.

The Conestoga wagon used in the covered-wagon days of the United States was about 16 feet long. Its wheels were as high as a man.

Estate

AUCTION SALE

Saturday, June 25th

1 p.m.

5 miles West, 2 miles South of Thorhild, in the Lots L - Z Bradbury.

MACHINERY, etc. — Ford 2 plow Tractor, Model 8 N; Ford 2-14" Plow; Cockshutt 80 Tractor on rubber; John Deere Tractor on steel; IHC 22" Threshing Machine; Binder, Mower and Rake; Cultivator; Seed Drill; Wagons; Sleighs; Grain Grinder; Cordwood Saw; Gas Engine; Refrigerator; Stoves; Tools and small items.

BILL CHOLACH, Auctioneer

Lic. 149 Ph. 22 THORHILD

Have you a paint job?

Call us for expert workmanship

G. STRAATHOF

Decorating or Wall Papering

Phone 210 — Box 434

LAC LA BICHE Alberta

BRAKES HERE'S WHAT WE DO

1. Remove Front Wheels and Inspect Brake Drums and Linings.
2. Clean, Inspect and Repack Front Wheel Bearings.
3. Inspect Grease Seals.
4. Check and Add Necessary Heavy Duty Brake Fluid.
5. Adjust Brake Shoes to Secure Full Contact with Drums.
6. Carefully Test Brakes.

ALIGNMENT HERE'S WHAT WE DO

1. Correct Caster.
2. Correct Camber.
3. Correct Toe-in and Toe-out.
4. Inspect, Tighten, Adjust Steering. (Chief causes of tire wear.)

BALANCING HERE'S WHAT WE DO

1. Precision Dynamic Balance.
2. Precision Static Balance.
3. Install Weights.

See . . .

O.K. MOTORS LTD.

LAC LA BICHE Alberta

PRE-INVENTORY SALE

Saturday, June 25th

the Bay

Your Friendly Store

TERRY BIBS
Reg. 69c, Now
2 FOR 49c

TAN JEANS
Boys' and Girls'
Reg. $2.19. To Clear
$1.49

REVERSIBLE JACKETS
Gold Stripe to Red.
Reg. $7.95. NOW
$4.99

SUMMER COATS
Ladies'. Limited quantity.
Reg. $29.95. To Clear
$14.99

MEN'S SUITS
Charcoal and Grey. Limited Quantity
Reg. $39.95.
Now **$24.95**

COTTON SLIPS
Reg. $3.49, Now
$1.99

CAR COATS
Asst. Styles and Colors. All to Clear
$7.99

GIRLS' MOCCASINS
White only. Reg $1.79, Now
$1.49

FRENCH CREPE
Asst. Colors. Reg $1.69, Now
99c yd

GROCERY SPECIALS

Friday and Saturday

OXYDOL, Giant 79c
CRISCO, 1's ..... 2 for 65c
BLUE BONNET MARGARINE,
1 lb. .... 29c 3 lbs. 85c
SUNBEAM KETCHUP . 2 tins 49c
BOLOGNA by the piece, lb. . 25c
SKIMMILK CHEESE .... 2 lbs. 69c
FORT GARRY COFFEE,
Red Label, lb. 59c
PURE BEEF BOLOGNA
(Kosher), lb. 69c
PURE BEEF WIENERS
(Kosher), pkg. 59c

Many other non-advertised specials to choose from

Hudson's Bay Company.

INCORPORATED 2nd MAY 1670.

FREE DELIVERY

LAC LA BICHE Phone 3 Alberta

Lac la Biche Herald

Section Two — 8 Pages SATURDAY, JUNE 25, 1960 PAGE NINE

CONSTIPATION

By DR. K. W. TENOVE, Chiropractor

A person who listens regularly to radio commercials and reads the ads in newspapers and magazines could easily form the opinion that constipation vies with nerve tension and headaches for the position of America's number one health malady.

The Chiropractor makes it a habit to ask patients, particularly those who come to him for care for arthritis, neuritis or some long standing internal disorder, "Are your bowels normal?" The number of people who, very casually, answer, "Oh doctor, I have to take something regularly for my bowels," is amazing. But, what is more amazing to the Chiropractor is that so many of those people are so casual about—so seemingly indifferent to—the fact that they cannot have normal elimination with out artificial aids.

Constipation is not a natural condition; it is not an inevitable condition of life. It is not something which everbody should expect to have as they advance in life. Millions of people never experience constipation except as a temporary condition during some acute sickness such as the so-called infectious diseases. Nobody should accept chronic constipation casually.

Constipation is not a harmless condition. Neither are the artificial aids entirely devoid of the possibility of harm. Constipation can, and frequently does, lead to difficult and distressing digestion. The toxic substances which result from constipation can be absorbed into the bloodstream and, in their course through the liver, be "de-toxified" so as to prevent them from escaping into the general circulation to have harmful effects on other parts of the body. But the daily extra work that is required of the liver for the "de-toxifying" these harmful substances will eventually have its "wear and tear" effects upon the liver. Some of these toxic substances escape the liver and go into the general circulation to have harmful effects on other structures.

It is because constipation is unnatural and because chronic constipation and some of the artificial aids for "bowel action" can have harmful effects that the Chiropractor is amazed when people who seek his services for other conditions are so seemingly unconcerned about their chronic constipation and the fact that they "have to take something regularly."

Amazement does not always remain the reaction of the Chiropractor only. It frequently happens that, in the course of Chiropractic care which is sought for some other condition, the constipation disappears. To get rid of the constipation is a necessary step in the full recovery of health. And then the patient becomes amazed when he learns that it is not necessary to be resigned to the idea of "taking something regularly" for the rest of his life.

How does Chiropractic effect recovery from constipation?

Movement of material along the alimentary canal, of which the small and large intestines are a part, is effected by the action of muscles which are located in the walls of that canal. Muscles which extend in a circular manner, as rings, around the alimentary canal are found throughout the small and large intestines. In the large intestines one of their purposes is to move the waste material along toward the rectum to be eliminated from the body.

In so moving the waste material along, all the circular muscles throughout the length of the large intestines do not tighten simultaneously. Rather do they tighten in succession from the beginning of

(Continued on Page 16)

VICTOR ZALEKSNIK, 38, of Vancouver has worn out 11 tires in a globetrotting trip through both Americas, Europe, Africa and Asia. As he made this brief stop at Belleville, Ont., he had 3,000 more miles to pedal before reaching home.

South Caslan

Eddie Herron, Walter Howse and Charlie Durcher of Waskatenau were in this district last week.

Edgar Joe and I. Shott were weekend visitors here.

B. McDonald renewed acquaintances in the district last Sunday.

H. Boucher is visiting at the home of his sister Mrs. Ernest Howse.

Sam Desjarlais and Peter Joe celebrated their birthdays last week.

Pioneer Bible Camp Planned For Hanmore Lake, July 7-17

Boys and girls from northeastern Alberta are again looking forward to 10 days at Pioneer Bible Camp at Hanmore Lake, 15 miles northwest of Smoky Lake.

William Kapitaniuk, a missionary in Europe with the Slavic Gospel Association, will be special speaker during the camp, July 7 to 17.

Children and young people eight years old and over can attend the annual camp for $7.50 plus 75 cents accident insurance.

The 10-day period will be filled with sports activities such as swimming, fishing, boating, ball games, plus handicrafts, films, singing, bible classes.

Services for campers and visitors will be held each evening at 8 p.m. and Sundays at 11 a.m., 2:30 and 7:30 p.m.

For further information, contact Rev. J. Kushnerik, Box 687, or phone 2261 Vegreville, or Rev. William Danko, phone 306, Smoky Lake.

Wandering 4-H Girls At Grassland Rally

The Wandering River 4-H girls including Hazel Bjorgan, Eileen Karpetz, Irene Cshanyk, Arlene Sundlie, Betty Karpetz and Margerie Piontek and their 4-H leader, Mrs. Meyer, attended a 4-H rally at Grassland recently.

Present at the rally were the following clubs: Amber Valley, sewing and gardening; Grassland, Wandering River and Colinton, clothing.

Special guests were Mrs. McCutcheon, district home economist; Miss Mewha, associate supervisor of 4-H Clubs and Mr. Ness from the Alberta Wheat Pool, who spoke during the rally which beban at 10:00 a.m. to 4:30 p.m.

The rally consisted of talks, demonstrations, quizzes, games and a sing-song.

From the Wandering River Sewing Circle Margerie Piontek gave the introduction of leaders. A demonstration of "How to Launder a Sweater" was given by Arline Sundrie and Irene Oshanyk. A club report was given by the secretary, Betty Karpetz.

The girls sang, "Oh Mary, Don't you Weep" and "Calling You", accompanied by Hazel Bjorgan on the guitar.

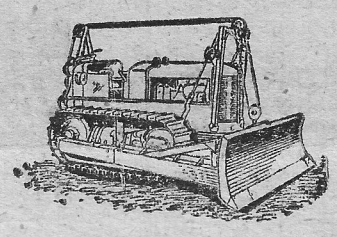
The chairladies for the day were Shirley Waytenko from Colinton and Verna Jenkins from Grassland.

We are always glad to receive a letter from someone who agrees with our editorial views. This shows that if we are crazy, there is at least another.

The wise man sees to his INSURANCE NEEDS and then relaxes.

W. J. CHESTER
INSURANCE
LAC LA BICHE Alta.

Dirt, Gravel Hauling



Excavating Overhead Loading Equipment

Hamilton Construction Co. Ltd.
LAC LA BICHE Alberta

For Lunches and Full Course Meals—come to the

New Trio Cafe
PLAMONDON Alberta

We sell Watkins Products.

Gourin General Store
For all your groceries and other supplies. We will make you welcome.
Mr. and Mrs. Herbert Wolf, Props.
GOURIN Alberta

You will enjoy a meal, lunch or snack at the

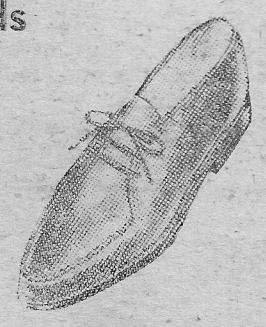
HOTEL COFFEE SHOP
in the Lac La Biche Hotel
JAMES SEATO, Prop.
Chinese Dishes a Speciality
LAC LA BICHE Alta.

STYLE PLUS COMFORT
is yours with.....
BATA SHOES

We carry outstanding shoes for all your needs in a wide selection of original styles. CASUAL SHOES —with low tapering lines.
New Styles in Comfort

Long wearing Oxfords and Evening Shoes always in stock.

These and many more are here to choose from for men at your BATA SHOE STORE —

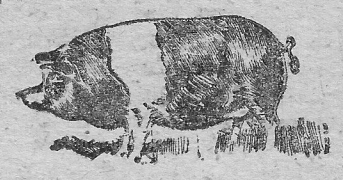


Robinson Stores
LAC LA BICHE Alberta

NORTH WEST FEEDS
Finest for Pigs

Did you know — that 50 lbs. of North West Little Pig Booster Crumbles and 650 lbs. of ready-to-feed North West Hog Grower is all that is needed to grow a 200-lb. pig?

North West Feeds will save you much time and labor—and expense, too. You will get such excellent results that you will always want to feed your hogs the North West way.



See us now about supplies for your hogs!

See . . .

PLAMONDON MERCANTILE
Phone 2 PLAMONDON

Hospital News

LAC LA BICHE — Patients confined to St. Catherine's Hospital:

Andrew Person, Alvina Boucher, Lac la Biche; Mrs. Harold Belanger, Plamondon; Evelyn Bone, Mile 235; Alesia Tena Bruno, Conklin; Mrs. James Bellerose, Kikino; Denis Cardinal, Imperial Mills; Merla Cardinal, Conklin; Leno Caron, Brierville; C. Ephrem Cote, Plamondon; Mrs. Louise Diamond, Lac la Biche; Mrs. Edgar Dubs, Plamondon; Elma Erasmus, Kikino; Mrs. Nick Gawryletz, Wandering River; Mrs. Peter Hamelin, Mile 137; Ralph Hamelin, Debra Lee Jackson, Lac la Biche; George Lega, Caslan; Delphine Larocque, Lac la Biche; Mrs. Patrick Ladouceur, Lac la Biche Mission; Isadore Lameman, Lac la Biche; Annette Menard, Plamondon; Louis Mercier, Faust; Mrs. Rose Maheden, Lac la Biche; Felix Nipitchan, Caslan; John Oshanyk, Lac la Biche; Mrs. Veronica Pruden, Kikino; Mrs. Albert Plamondon, Avenir; George Ramsum, Caslan; Mrs. Peter Salahub, Nick Trefanenko, Lac la Biche; Tony Zelinsky, Boyle.

Stephen J. Arndt, Lac la Biche; Herbert Benson, Raymond Garry Bone, Mile 235; Mrs. George Berlanud, Barnegat; Laurier Bourassa, Lac la Biche; Mabel Castor, Mile 184; Allan Cardinal, Imperial Mills; Gerald Cardinal, Kikino; Alex Cherniwchan, Caslan; Mrs. George Desjarlais, Florence Duchnych, Lac la Biche; Mrs. Elmer Erasmus, Kikino; Anita Gauthier, Plamondon; Michael Halitzky, Caslan; Mrs. Mae Humberstone, Boyle; Johanne Joncas, Lac la Biche, Mrs. William Kowalyk, Frains; Lawrence Ladouceur, Mrs. Edgar Ladouceur, Lac la Biche Mission; Richard Wayne Lockwood, Kikino; Mrs. William Ladouceur, Caslan; Mrs. John Murowchuk, Grassland; Mrs. Aime Morin Brierville; Mrs. Felix Nipitcham, Caslan; Mrs. John Oshanyk, Lac la Biche; Peter Parranto, Lac la Bche Mission; Mrs. Dan Pankiw, Hylo; Jack Roberts, Lac la Biche Mission; Nick Stuparyk, Mrs. Adles Tremblay, Mrs. Arthur G. Whitford, Lac la Biche.

Patients discharged from hospital: Kenneth Cadieux Lac la Biche; Mrs. Theodore Mochechuk, Plamondon; Fred Reid, Caslan; Iran Clarke, Lac la Biche; Mrs. Louis Tardif and baby, Lac la Biche Mission; Doreen Ladouceur, Kikino; Richard Bobocel, Lac la Biche; Mrs. Theodore Cardinal, Imperial Mills; Sherry Ann Boucher, Tweedie; Mrs. Alec Bereza, Craignend; Victor Plamondon, Plamondon; Mrs. Frank Stefanczyk, Edmonton; Richard Rizzoli, Lac la Biche; Francis Haldey, Atmore; Joseph James, Gordey Boucher, Lac la Biche; Ovila Gauthier, Plamondon; Therese Rizzoli, Lac la Biche; John E. Fox, Edmonton; Gwen Scott, Jack Quan, Lac la Biche.

Mildred Frederick, Mrs. Remi Cote, Plamondon; Johnny Whitford, Brierville; Prosper Jackson, Beaver Lake; Joanne Senetza Lac la Biche; Dennis Gaudet, Egg L.; Mrs. Otto Fyith and baby, Lac la Biche; Mrs. Sophie Waine, Rich Lake; Edmire Desjarlais, Beaver Lake; Mrs. Arthur Lizotte, Ford Scott, Doreen Boucher, Steve Wowk Lac la Biche; Joe Gladue, Normandeau; Mrs. Marshall Howse, McRae; Mrs. Henry Bourque, Mile 151; Mrs. Raymond Cardinal, Kikino; Leonard Anderson, Rich Lake; Judy Lee Whitford, Brierville.

Steven Omelchuk, Frains; Mrs. Walter Ilnicki, Shirley Gaberil, Lac la Biche; Mrs. Roy Plamondon, Daniel Bosse, Plamondon; Mrs. Marya Lewski, Craigend; Jean B. Plamondon, Plamondon; Mrs. Alex R. Cardinal, Tweedie; Mrs. Joe Pawlowich, Beaver Lake; Alvine Scott, Tommy Manca, Marvin Pruden, Lac la Biche; James Ladouceur, Lac la Biche Mission; Louise Cardieux, Lac la Biche; Mrs. Rene Prouls, Wandering River; Cecile Berard and baby, Owl River; Walter Stratichuk, Hylo; Esmale Fyith, Lac la Biche; Mrs. Emile Gauthier Plamondon; George Spencer, Rodney Boucher, Lac la Biche.

Mrs. James Powder, Caslan; Oliver Biollo, Venice; Mrs. William Rosychuk, Venice; Gerald Rochon, Plamondon; Sandra Michetti, Hylo; Mrs. Albert Richard, Plamondon; Mrs. Ameen Alley and baby, Lelmer Whitford, Lac la Biche; Reginald Hayward, Helina; Lucill Anderson, Rich Lake; Joan Bozak, Imperial Mills; Beverly Ann Gladue, Lac la Biche; Edward Ladouceur, Lac la Biche Mission; Robert Whitford, Lac la Biche; Mrs. Dane Dragon and baby, Plamondon; Edgar Sharron, Lac la Biche; Mrs. Roland E Plamondon and baby, Julia Ferrire, Plamondon; Mrs Camille Ostiguy, Lac la Biche; Ernest Dube, Plamondon; Alvina Cardinal, Mile 199

Church Notices

Boyle Gospel Hall

Sunday Meetings
Sunday School
and
Bible Class 10:45 a.m.

July 14 is a memorable date for Frenchmen because it is the anniversary of the storming and destruction in 1789 of the Bastille in Paris.

FARM TRUCKS—all sizes.
CARS — TRAILERS
For Sale at
MEGLEY MOTORS LTD.
Phone 24 NEWBROOK
MEGLEY SALES LTD.
Cor. 156 St., 111 Ave. EDMONTON
Phone HU 9-1431
KELLY'S CAR SALES
Cor. 111 Ave., 101 St. EDMONTON
Phone GR 7-6959

Boyle Ball Teams Win Games At Picnic Attended By 600 Guests

BOYLE — The Roman Catholic ladies held their annual picnic on the Boyle and District Old Timers Association grounds at Skeleton Lake, with about 600 persons in attendance.

Entertainment consisted of various games of chance and ball games. Lunch and soft drinks were provided and a hot supper was served in the late afternoon.

In the ladies' soft ball game between Boyle and Colinton the former team won.

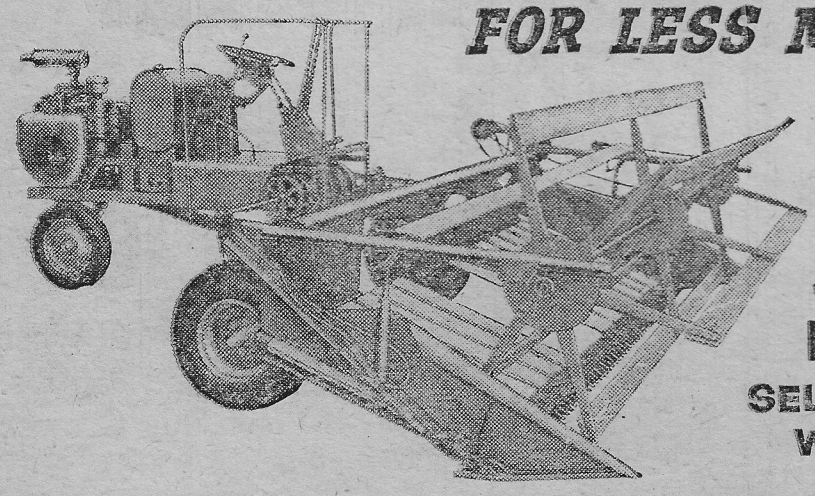
In the men's senior baseball game the Boyle team won over Grosmont and then defeated Athabasca.

The bicycle was won by a two-year-old boy in Athabasca, while the fishing rod also went to Athabasca.

Our men are experts in
Steering and Wheel Alignment
Don't endanger the lives of your family
Bring your car or truck to us now!
TRIWAY SERVICE GARAGE
Repairs, overhauls, tires, Purity 99 Gas, Oil and Greases
Phone 201 LAC LA BICHE

DAVE & RICHARDS
Tire & Radiator Shop
Belt Splicing, Cleaning, Vulcanizing,
Repairing, Adjusting, Re-Coring
Prompt service — all work guaranteed
Phone 155 LAC LA BICHE

LAY FASTER-CURING WINDROWS
FOR LESS MONEY...



Use the
NEW JOHN DEERE
SELF-PROPELLED WINDROWER

Windrows that are made with the new John Deere 14-foot Self-Propelled Windrower lie high and lightly on the stubble with heads exposed to the sun. Heads are well distributed over the entire width of the windrow. As a result, air can circulate under and through the crop. The sun cures the heads faster. And, the wide, loose windrows have less tendency to hold moisture after a rain or heavy dew. This reduces the chance of spoilage and also speeds curing.

You windrow up to 75 acres per day with the practical, new John Deere Self-Propelled Windrower. Come in and see it soon.

CENTRAL SALES & SERVICE
BOYLE Alberta
JOHN DEERE *See Us For* JOHN DEERE QUALITY FARM EQUIPMENT

Yesterday tea in Singapore, tonight an espresso in Rome... Allen Kirby and his homburg are a familiar sight in the international business world. As a buyer for a department store he depends on bank Travellers' Cheques to carry his expense money worry free.

Mike Moran travels too. He pushes a big Diesel freight across the land. For his holidays... you guessed it... he and his family are taking a trans-Canada rail trip in streamlined comfort with money saved specially for it.

Across Canada, around the world, The Canadian Bank of Commerce is always busy helping pleasure or business bound people enjoy their travels—a service geared to the needs of busy, eager Canadians.

THE CANADIAN BANK OF COMMERCE
Call us your bankers

Another BAY First . . . Direct Carload of
Mexican Beauty
WATERMELONS
Arriving for Sale June 27
At Wholesale Savings
Order Yours NOW. FIRST COME — FIRST SERVED.
Hudson's Bay Company
INCORPORATED 2ND MAY 1670.
LAC LA BICHE Alberta

Boyle

Mr. and Mrs. Joe Yanow of Edmonton were recent visitors at the home of Mr. and Mrs. Walter Yanow.

Mr. and Mrs. Stan Fox of Edmonton, Mr. and Mrs. Henry Litke of Highridge, Roy Mannen and Mary Allan of Westlock were week-end visitors at the home of Mr. and Mrs. Harry Mannen.

Mr. and Mrs. Elmer Knoblock are the proud parents of a baby girl, Laura Ann, born to them on Thursday, June 2 in the Athabasca Hospital.

Mr. and Mrs. Stanley Wlos, Walter and John, visited with Mr. and Mrs. Martin Ostopovich of Legal and Steve Ostopovich of Edmonton recently.

Irene Malmedal of Edmonton visited with her mother, Mrs. Bertha Malmedal over the weekend.

A community shower party, in honor of Irene Herrmann, was held in Ellscott Hall.

Ed Roski of Bondess is building a house for Mr. and Mrs. John Alexander.

Mrs. M. Humberstone is back in the Lac la Biche hospital again.

Mr. and Mrs. Norman Hayton Jr. and family, Mr. and Mrs. Sydney Alexander and family spent Sunday of last week at Long Lake.

Mrs. J. Hoff and son and family of Cherhill were recent visitors at the home of Mr. and Mrs. Kenneth Lund.

A daughter was born to Mr. and Mrs. Andrew Spiela in the Athabasca hospital. June 13.

Len Grip, Walter Moore and Marshal Mehl from Oyen have been guests at the W. A. Cunningham home. They also enjoyed the fishing and scenery here.

Pat Robinson has returned from Queen Charlotte Islands and is visiting at the Paul Andruski home.

Mr. and Mrs. Rene Marrinier have left for the United States where Mr. Marrinier is improving his education degrees.

Mr. and Mrs. Andrew Spila are he proud parents of a daughter born in the Athabasca Hospital.

Mr. and Mrs. Jack Holmes renewed acquaintances in the district last weekend.

Henry Loy spent a week in Edmonton helping his son-in-law build a garage.

Mrs. Fred Pickford was a recent visitor to Cold Lake. She returned with her son Larry and family who in turn spent a few days here.

Portland Residents Visit At Owl River

OWL RIVER — Mr. and Mrs. Vernon Shope and boys of Portland, Ore., spent a week of their vacation visiting Mr. Shope's aunt, uncle and cousins, the L. J. Diesel family.

Several dinner parties were given in their honor in this community and one at South Hylo, in the home of Mr. Shope's cousin Mrs. William Sawchuk.

Church Notices

ANGLICAN CHURCH

LAC LA BICHE
Morning Prayer at 11:00 a.m.
Holy Communion at 11:00 a.m., first Sunday in month.

GRASSLAND
Morning Prayer at 9:00 a.m.

WANDERING RIVER
Worship Service First and Third Fridays at 8:00 p.m.

RICH LAKE
First and Third Sunday at 3:00 p.m.

Minister: Rev. W. A. Swinton
Phone 350, Lac la Biche

Walter Szwedo, 59, Feted At Dinner

SPRUCE VALLEY — In honor of Walter Szwedo's 59th birthday a birthday dinner was given by his daughter, Mrs. G. McAuley, RN, at Edmonton.

Summer Time is Sun Time
For suntan and sunburn lotions and all your other drug supplies come to . . .
Rx
Stewart's Drug Store
Phone 66 LAC LA BICHE

Leo can outfit you for that June Wedding.
Be well dressed in correct styles from head to toe.
LEO'S MEN'S SHOP
Phone 147 ST. PAUL

Get your car ready for that holiday
Bring it in for Tune-up and Repairs to
Schwitz & Bothorpe
Electric and Acetylene Welding
Oscar Schwitz and Fred Bothorpe
PLAMONDON Alberta

See your car ready for that holiday
Bring it in for Tune-up and Repairs to
Schwitz & Bothorpe
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PLAMONDON Alberta

See it today at your . . .
Marshall-Wells Store
H. Lobay, Owner Phone 29 LAC LA BICHE

See the great new ZENITH . . .
"DREAMLINE" REFRIGERATORS

With "Features of the Future"

This custom deluxe model provides maximum storage in a small place. This model features a convenient "super-mart" door with 2 removable egg trays and a butter compartment. Full width frozen food chest stores approx. 37 lbs. frozen food and will maintain their quality over a long period of time.

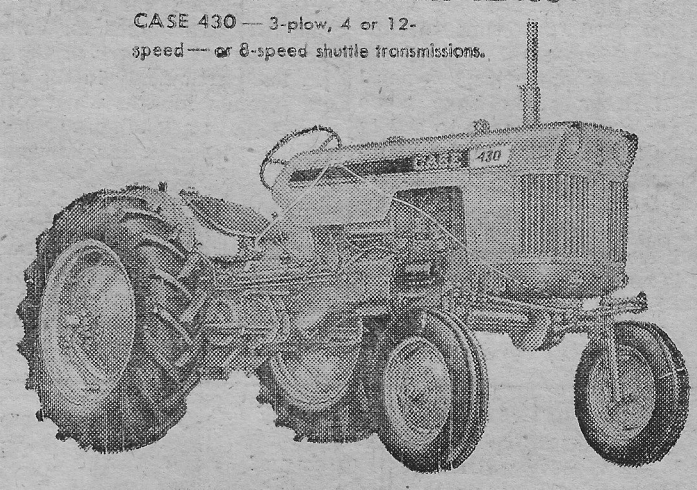
Moist cold refrigeration section with exclusive Humidtrol plate is 100% self-defrosting.

Generous shelf area provides over 14 sq. ft. of easily accessible storage space.

Interior illuminated by automatic floodlight. Door is equipped with child-safety latch that opens with a slight push or pull from inside.

Full width vegetable crisper holds approximately 20 quarts and comes with modern glass cover.

SEE OUR NEW 1960 CASE® TRACTORS
UNBEATABLE IN ITS POWER CLASS
CASE 430 — 3-plow, 4 or 12-speed — or 8-speed shuttle transmissions.



Like a tractor with plenty of power? A rugged new CASE is the tractor for you! CASE has boosted horsepower up to 25% right through the 1960 line . . . giving CASE Tractors unbeatable power in every class from 3-plow to 6-plow. Yet price per horsepower is down.

Drop by SOON! Get the feel of REAL tractor power in the seat of a 1960 CASE! There are Money Saving diesels in every class!

See . . .
GENE'S MOTORS
PLAMONDON Alberta

JUNE IS DAIRY MONTH

Dairy Farming Is One Of Dominion's Largest And Most Important Businesses

Canadians will be reminded during the month of June that the dairy industry is still one of the nation's largest, most important and most complex businesses. Over the year dairying, in all its manifestations, has become highly efficient beginning with the production of milk and carrying through to the delivery of the finished product to the consumer.

For instance, it might be assumed that the dairy cow population would be increasing with the increase in milk production which last year topped 18 billion pounds. However; the number of dairy cows in Canada has not varied significantly for many years remaining at a level slightly above three million animals. Steadily increasing milk production, while influenced on a seasonal basis by weather conditions, can be directly traced to herd culling an breeding programs which have resulted in herds of more highly productive cows.

Canadian dairy farming can be divided into two main classes: (1) the specialty dairy farm where all the income is derived from the sale of milk and dairy cattle, and (2) the general dairy farm where the dairy herd and its products are only a part of the farm business. The specialty dairy farm most likely will be producing fluid milk for a nearby city or town and some breeding stock may be sold if herd members are of good enough quality to be in demand. The general dairy farm may provide a variety of alternatives. The milk may be separated and the cream marketed while the skim milk is kept at home as feeds for hogs or poultry. Here again the sale of breeding stock from the herd from time to time may be an important part of the general farm operation. General dairy farmers often have some cash grain or other crop to sell in addition to the milk which may go to concentrated milk plants or cheese factories.

In connection with dairy farming it is important to remember that milk is not the only product of the herd. In the process of management, calves as well as cows have to be culled in the interests of herd improvement, which in turn is responsible for the increased milk production mentioned above. This culling process is the source of considtrable dairy income since it is estimated that 60 per cent of the beef and 40 per cent of he veal consumed in Canada comes from dairy herds. In a country which sometimes becomes preoccupied with the importance of wheat it is worth remembering that in a given year the farm value of the products of Canadian dairy herds exceeds that of any other single farm product, including wheat.

June — the merry month when the wonderful dairy foods were enjoyed all year 'round are at their most delicious, most nutritious peak. Serve them often all summer long . . . wherever you go !

Dairy Foods Hold Spotlight In June

Once again across Canada, June is being heralded as Dairy Month . . . a time of year to spotlight quality dairy foods and fresh new ways to serve them in Canadian homes. Not that Canadian homemakers refrain from using these flavor-fine foods the year round, but there are a couple of special reasons why June is a natural for dairy foods.

For one thing, dairy production is at its peak in this first month of summer, so there's fresh flavorful milk a-plenty, as well as butter, cream, cheese, ice cream and the concentrated dairy foods. Besides, dairy foods combine so elegantly with Canadian produce from fields and orchards, that a June Dairy Month celebration helps remind homemakers of all the good eating she can put on the family table in June, and on through summer.

Home economists in the Dairy Foods Service Bureau are anxious to share new dairy food ideas with Canadian consumers, and they use many avenues for this service. Food stores, the press, radio and TV will feature new recipes and ideas for the home maker to encourage the use of more dairy products in June and throughout the year.

It's Always Cottage Cheese Time . . .

You may be surprised to learn that most anything you make in your kitchen has a cottage cheese version . . . yet whether you're planning the main dish, salad, dessert, or perhaps hors d'oeuvre for a party, there's an interesting recipe for it using cottage cheese. The cottage cheese variation of old-time favorites makes for culinary excitement at anytime of the year . . . but particularly in the spring and summer months when cottage cheese plays a leading role in cool summer eating. In this dairy month of June . . . when dairy foods are at the peak of their production . . . we're featuring cottage cheese in Cottage Rice Pudding, a dessert so decidely different that even those who are not fanciers of rice pudding will be enthusiastic. Using quick cooking rice speeds the pudding along . . . the rice is cooked for about 4 minutes, then milk, the yolk of an egg, sugar, nutmeg, cottage cheese and raisins are added and the whole brought to the boiling point. To give the pudding a tart flavor, thick orange marmalade is stirred in . . . and after standing for 10 minutes, your pudding's ready to serve to four.

COTTAGE RICE PUDDING
(Makes 4 Servings)

½ cup quick cooking rice; ¼ teaspoon salt; ¾ cup water; 1/3 cup milk; 1 egg yolk, beaten slightly; 2 tablespoons sugar; ⅛ teaspoon nutmeg; ½ cup cottage cheese; ¼ cup raisins; ¼ cup thick orange marmalade.

Combine rice, salt and water in heavy saucepan or top of double boiler. Boil 4 minutes. Remove from heat and add milk, egg yolk, sugar, nutmeg, cottage cheese and raisins. Bring to boiling point, remove from heat and stir in marmalade. Cover and let stand for 10 minutes. Serve hot or warm.

McMurray-Waterways Served By Lac La Biche Creamery

By Gene Hadley

The Lac la Biche Creamery serves Lac la Biche with a house-to-house delivery of its products and sells butter, processed milk, cream and eggs to McMurray, Waterways and the towns along the railway line as well as to the smaller towns in the surrounding area.

The creamery was built many years ago as a private home with full basement. The basement had to be filled to permit a cement floor for the creamery. In 1940 J. McHardy, the present manager's father-in-law, bought the creamery from Esd. Cadieux and L. Richard. In 1946 Lou Badry purchased the business from his father-in-law and operated it as a private enterprise until it was purchased in 1958 by the present owners, who retained the staff that were working there at the time.

Lou Badry is the manager of the creamery and his wife is office secretary; in an unofficial capacity Mrs. Badry serves as assistant manager and general helper to her husband and other members of the creamery staff. Emile Grenier is butter maker, Joe Wojiechowski milk processor, Herb Scott egg grader and creamery helper and Raymond Scheelar is in charge of milk deliveries. During the summer months Lola Wolstenholm is an office helper.

The creamery has a front office, a butter manufacturing and milk processing room, cream and milk are received at one end of the butter making room, there is an egg receiving room and one for egg grading, a testing room, one for storage, one boiler room and two coolers for eggs, butter and milk. There are plans being made for a new butter cooler to be added.

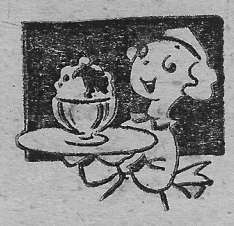
The creamery has won more than an average number of prizes in the past few years. In 1959 they won three second prizes at the Royal Winter Fair and first prize for a 10-pound sample in prints and second for a 14-pound commercial sample at the Canadian National Exhibition; they won first in the commercial at the Brandon Exhibition and first in prints in the Western Dairymen's association exhibition held in Brandon, Ont.

In 1958 they won two first and one second at the Royal Winter Fair and one second and two thirds in the Canadian National Exhibition, in 1957, one first, one second and two thirds were won at the Royal Winter Fair, two third prizes in the Canadian National Exhibition and one second at the Brandon Exhibition. Several prizes have been won previous to these dates and in 1953 the creamery tied for the highest score in Canada for a commercial sample, the trophy going to Peace River by a fraction of a point.

The Lac la Biche Creamery is the first stop for most farmers as they come to town, from there they do their shopping in the town's modern stores and businesses. The creamery is serving a real purpose here, offering a place for the farmers to sell their produce, distributing those products to the local merchants and those further afield and by so doing bringing extra business to the town. The creamery and the farmers are deserving of the good wishes and congratulations offered to them on these pages by some of the progressive merchants of Lac la Biche.

Your food budget can stretch a lot further these days, when you plan your menus around cheese, and other dairy products. Check the many delicious varieties for tops in taste and economy.

Recognize the Dairy Industry by eating more Dairy Products
We will serve you an extra serving of Milk - Ice Cream - Sundaes - Sodas



LAC LA BICHE HOTEL CAFE
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Good Luck to the Farmers
and a Thank-You to the Creamery for the service it is doing for our town.
Tri Way Service
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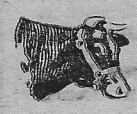
GREETINGS
to the Creamery and to the Farmers!



May your success in June be carried on throughout the year.
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Buy More Dairy Products
in June and keep right on buying them throughout the years to come.
GEO. HOMENIUK
Domo and Westfalia Cream Separators and Milkers - Oliver Farm Machinery
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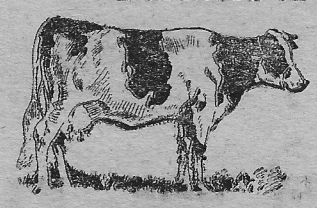
To the Lac la Biche Creamery and the Farmers of our community . . .



Best wishes to you as you celebrate your dairy month and Good Luck in the years to come.
Michael Hamar Supermarket Ltd.
500 pound cream separators, all electric table models. To modernize your dairy use De Laval Cream Separators, known throughout the world.
Phone 2 or 50 LAC LA BICHE

Thousands Hail June As Dairy Month

June As Dairy Month Shows Dairy Products Important To Our Economy

TORONTO — June is Dairy Month is a slogan with special meaning in Canada, say officials of dairy farmers of Canada, the national producers' organization. Starting as an advertising slogan under which dairy foods were related to summer eating, it has now come to take on a broader meaning across the nation. Mention of June conjures up in most minds a host of pleasant associations. Warm weather and green grass are immediately tied up with grazing cows and the scenes of contentment which seem to spread across the land at that time of year.

June is an excellent time of year for urban and rural people to once again consider their interdependence. Canadians eat something like 1,035 pounds of dairy foods per capita every year. This is an important part of the individual the nutritional aspects of the situation. By their generous purchase of dairy foods, urban housewives spend millions of dollars each year for the products of the factories whert urban husbands work. There is real interdependence here.

Dairy products are worth a billion dollars a year to the Canadian economy and this is only part of the story. One of the greatest arguments for a dairy industry does not appear in cold statistics. It is generally accepted that Canada needs a healthy and prosperous agriculture as a part of the overall economy. In this context a healthy agriculture means not only good prices but efficient soil use and management. No agricultural practice does more to conserve the vital elements of the soil than does dairy farming, for dairy farming requires large acreages of pasture and hay crops which not only build soil but prevent the ravages of wind and water erosion.

It can be said with some truth that dairying preserves both the human and the soil resources of the Canadian nation.

Dairy Foods Have Vitamin A Needed For Safe Driving

Plenty of Vitamin A can contribute to safe driving in the summer months ahead according to Dairy Farmers of Canada, national producers' organization. In fact a deficiency of Vitamin A could prove fatal to night drivers whose vision must function perfectly to insure safety on the highways.

Research has indicated that Vitamin A is particularly vital if eyes are to adjust themselves efficiently to rapid alternations of bright and dim light, or semi-darkness. The speed at which eyes react to headlights of passing cars is directly related to Vitamin A in the diet.

The process of vision is initiated by Vitamin A in the eyes. It is present in the photosensitive pigments in the light receptors of the retina. According to recent technical information from the United States, research has demonstrated that Vitamin A actually changes its shape in response to light and dark, making vision possible.

Dairy officials point out that fortunately there is enough Vitamin A in our national food supply so that no one needs to suffer a vitamin deficiency. However, it is necessary to choose the individual diet wisely. Rich sources of Vitamin A are the dairy foods containing butter (milk, butter, cheese, ice cream), egg yolk, liver and yellow and green leafy vegetables.

From October to March more than one-half the day is dark or semi-dark and the traffic statistics point up the fact that the hours extremely dangerous for drivers are twilight, darkness and dawn. This being the case, dairy officials point out that the protective dairy foods in winter months are unusually important in the Canadian diet.

Alberta's First Dairy Queen To Be Chosen At Edmonton Exhibition

Plans are underway to select Alberta's first dairy queen at the 1960 Edmonton Exhibition, says Dairy Commissioner D. H. McCallum. The successful candidate will compete in the National Dairy Queen contest which will be held in conjunction with the Canadian National Exhibition in Toronto. The winner of this event will receive a free trip to the United Kingdom or South America.

A committee consisting of Mr. McCallum, J. L. Bailey and Charles Dixon, has been appointed to organize the provincial competition. Mr. Bailey and Mr. Dixon are both representatives of the Alberta Dairymen's Association. Milk Producer Associations, supplying milk to the principal cities in the province, have been asked to select and sponsor "princesses" for the contest.

All prospective candidates must be proficient in milking by machine. They must be between the ages of 17 and 26 and reside or have resided on a dairy farm. Appearance and poise are also necessary attributes. A maximum of 40 points will be given for deportment, poise and self-expression. The actual milking operation and assembly of the machine will be worth 15 points, cleaning and sanitizing another 15 points, efficiency 10 points and completeness of milking 10 points.

The CNE has been featuring a dairy queen contest for about four years now which has been confined to representatives of the various counties of Ontario until this year. However, because the project has been gaining in popularity each year, the CNE Association has decided to make it a national event.

The publicity received by the dairy industry as a result of the competition has proved to be quite remarkable and it is hoped that it will be even greater with the contest now on a national scale.

From your first meal of the day to your last snack at night, butter — creamy, flavor-rich butter — is the key to eating enjoyment. That's because butter brings out the full flavor of so many foods — from a simple piece of bread to finest examples of cookery skill.

Few, indeed, are the dishes, hot or cold, that are not made richer, more tempting, more inviting by the natural goodness of butter. Make butter always a part of your better living.

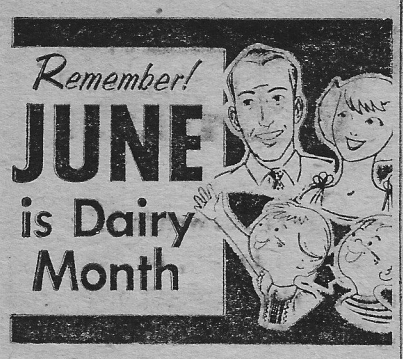
Cool Drinks For The Hot Weather

We are in the land of milk drinks just because they are so popular with the young 'uns — and because we're glad to see them eager about getting their milk quota. Let the youngest — who yearn to make milkshakes, but just aren't too steady with their hands — make an easy Banana Shake this easy way. All that's needed is a fully ripe banana and a cup of cold milk. Just peel the banana, slice and press through a fine sieve, or put it into a bowl & beat with an electric mixer or rotary egg beater until smooth and creamy. Add the cold meat and beat again. Pour into a tall glass, and that's all there is to making this scrummy banana milk shake — no wonder even the smallest of the small fry can be allowed to preside over this bit of culinary cunning !

Here's a quick way to please four people — with a frosted double chocolate drink. Just combine four cups of cold milk with a half cup of chocolate syrup. Add a few drops of peppermint extract and chill. Then pour into four chilled tall glasses and add a heaping scoop of chocolate ice cream in each glass. The dungaree guys and dolls will find this especially "cool."

Hot Weather Soup

If you think one soup is good . . . and in warm weather, many of us count on it for our "one hot dish" . . . then carry your theory along a bit further, and you'll find that two soups are often better than one. You can prove this easily by heating together one can of condensed cream of tomato soup and one can of cream of celery. Add two soup-cans of milk, just as you would if you heated each of them separately . . . then serve the combined smooth blending of flavors, topped with grated cheese and toast . . . it'll please everyone for lunch — along with sandwiches, a crisp vegetable or two, with brownies and milk for dessert.

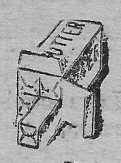


Congratulations
to the Creamery and the Farmers!

We hope this promotion of your Products will boost your Industry.

Hec McCormick
New and Used Car Sales—Auto Wreckage - Car and Tractor Tire Shop
Phone 101 LAC LA BICHE

Congratulations to Lac la Biche Creamery
and the farmers of our community in this their dairy month of June.



Lac La Biche Sales & Service
IHC Farm Implements and Trucks. Tune-Up - Welding
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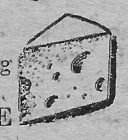
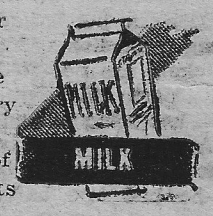


A SALUTE TO THE FARMERS and the DAIRY INDUSTRY
May you have every success in the promotion of your products.
K. & W. Transport Ltd.
Hauling to Edmonton four days a week.
"YOU CALL — WE HAUL"
Phone EDMONTON GR 7-5539 or GR 7-5668
Phone 141, LAC LA BICHE

In Recognition of your dairy month

We add our congratulations to the Dairy Industry and the promotion of their products



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Eat More Dairy Foods
Come to our cafe for extra savings of milk, milk shakes, ice cream, sodas, sundaes.

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FARMERS
Support Local Industry
SHIP YOUR CREAM and EGGS
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LIMITED
Lou Badry, Manager
Highest Market Prices - Prompt Returns

Minor League Ends Schedule, Lac La Biche Colts On Top

By M. J. Lund

BOYLE — Hi-Way 46 and 2 Minor League has ended its regular schedule and final standings in league play are as follows:

Colt Division:—

	Won	Lost	Tie
Lac la Biche	6	0	0
Athabasca	4	2	0
Grassland	1	5	0
Boyle	1	5	0

Grassland won third place in league standing because of a better runs for average than Boyle.

Pony Division:—

	Won	Lost	Tie
Grassland	5	1	0
Lac la Biche	5	1	0
Athabasca	1	5	0
Boyle	1	5	0

Grassland won first place and Athabasca won third place in league standing because of better runs for averages.

The sudden-death semi-finals were held June 15 with Athabasca travelling to Lac la Biche to tangle with Jack Olstod's Ponies, while Grassland journeyed to Athabasca to do battle with F. Lockhart's Colts. The finals got under way on Friday for the Ponies and Sunday for the Colts.

The schedule was finished only five days late. The weather not only put a damper on the first two weeks of league play, but also seemed to have dampened fan interest.

Possibly people were fearful of the guarantee on the rain checks which are not issued at the minor league stadiums. No worry here! Tickets are not sold, and only in one park did yours truly witness the hat being passed. You're right! The league secretary-treasurer is more interested in his second title —he had two ball clubs in this league also!

LEAGUE PET PEEVES:

1. Not enough fan support.
2. Not sufficient help to get the boys organized in the spring—after we get started, too many coaches.
3. Not sufficient financial support.

For the "also-rans" the season is over. For the three top teams, the play-off grind. To the final winning teams, trophies and crests. The best of luck to these six enthusiastic squads of young lads.

Until the finals are completed and the final report on minor league baseball, the hope is for better baseball programs for boys.

Travel 840 Miles To Attend Wedding

BOYLE — Mr. and Mrs. John Mikula and their children, Stanley and Bernice returned home recently from a trip to Manning, where they attended a wedding and visited their daughter Irene.

Due to heavy rains in the Peace River district they had to detour through Valleyview and Edmonton making the round trip a total of 840 miles.

Cunningham Named To Represent B.C.

BOYLE — Mr. and Mrs. W. A. Cunningham motored to Cold Lake to visit their son Flight Lieutenant Bill Cunningham of Holberg, B.C. RCAF Station.

Bill was chosen to represent British Columbia in radar air control at the rocket meet held at Cold Lake station recently. After the rocket meet Flight Lieutenant Cunningham visited at the home of his parents in Boylé before returning home.

A person cannot take his money with him, but he can take the satisfaction of having used it to help other people with him.

Professional Column

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Practise devoted to the care of vision
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ST. PAUL Alberta

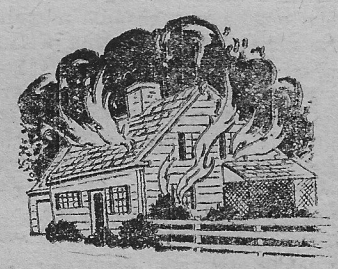
Lac la Biche School Division No. 51

NOTICE

Applications will be received at the Lac la Biche School Divisional Offices until July 12th, 1960, for the following:

Supplying of a 42-passenger Class A School Bus to be operated on the Charron Route, a distance of approximately 18 miles.

Further specifications may be obtained from the Divisional Office at Lac la Biche.


Fire is a Dreadful Thing
When it strikes your home. However, you can assure yourself of good fire insurance coverage — See
C. M. SUTTON
Phone 1 GRASSLAND

RAKE FASTER...SAVE LEAVES
with a Low-Cost
JOHN DEERE 350 PTO RAKE 3-POINT OR SEMI-INTEGRAL

The 350 PTO Rake gives leaf-saving performance—eats up acres, raking a full 7-foot swath at speeds up to 6-1/2 mph in leafy crops . . . and *faster* in crops where leaves are no problem. Low in initial cost, the 350 is dependable in the field, too, holding upkeep costs to a minimum.

The 350's right-angle reel moves crops directly to the left . . . moves them *only half as far* as conventional rakes, thus saving leaves. You'll save leaves, too, with the 350's 4-bar reel. Less contact with reel bars reduces shattering; teeth are spaced closer together to rake clean. Crops are lifted gently onto the stubble with the 350's special curved teeth, forming loose, fluffy windrows that cure faster.

The 350 is available in either standard 3-point-hitch or semi-integral design If you prefer a 5-bar rake, a fifth reel bar is available as an attachment. Stop in soon, and choose the style that fits your needs.

H. LOBAY
Phone 29 LAC LA BICHE
JOHN DEERE
MAKE HAY FASTER...GO JOHN DEERE

Win a Free NASSAU HOLIDAY for two!

ENTER COCKSHUTT'S TRACTOR DEMONSTRATION CONTEST NOW!

Fun in the Sun ... wonderful food . . . fascinating sightseeing . . . in fact, all the fabulous tropical pleasures of Nassau await the winners of Cockshutt's giant, FREE "Nassau Holiday" contest for 1960!

IT'S SO EASY TO WIN! JUST LOOK!

- Nothing to buy!
- Nothing to guess!
- No jingles to write!

It's the easiest contest ever . . . so see us this week for complete details! You may be a winner!

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PLAMONDON Phone 2 Alberta

+ News From Other Alberta Districts +

G. Paulson Wins Honorable Mention In Commonwealth Essay Competition

GLENDA PAULSON

REDWATER — Glenda Paulson, a Grade 8 student in Redwater Junior High school, has received honorable mention in the Royal Commonwealth Society essay competition of 1959-60.

The subject of the essay chosen by Glenda from a group of three was "Around the World in Eighty Days." In this group the children were required to write a 1,000-word essay on some country they would like to visit. Glenda chose Britain as the country about which to write.

The winner of the first prize in the competition is a boy living in England.

Glenda is 13 years of age and is in Mrs. Chaba's Grade 8 class in the Redwater Junior High school. Her father is employed with Imperial Oil Production Department in Redwater. Her mother was born in England and came to Canada at the close of the second world war.

Glenda received a copy of "Henry Esmond" by W. M. Thackeray as a reward for her accomplishment.

Bat Strikes Boy In Freak Accident

SUNSET HOUSE — A freak accident marred the Catholic WA picnic recently. During a ball game a bat swung by a player went out of his grip and plunged into the players' rest bench among some local boys. Harold McCarrol was struck in the forehead. Mr. and Mrs. M. Carson rushed the injured boy and his mother to the hospital in High Prairie. Harold, 12 years of age, is the only child of Mr. and Mrs. D. McCarrol of this district.

Mrs. Shirley Hudson Winner $1,000 Bingo

SPIRIT RIVER—The Kinsmen's $2,000 bingo held June 11 was a success.

The grand prize of $1,000 was won by Mrs. Shirley Hudson. Mrs. Vickie Zinuik won the $100 prize and the 18 prizes of $50 each were fairly well scattered among the players.

Tournament Won By Rycroft Rebs

RYCROFT — The high flying Rebels copped first money at the Farmers' Day tournament staged by the Catholic Men's Club.

In the first game Rycroft came from behind to eke out a 12-10 decision over Wanham. Kozuback, Rondeau and Fontaine handled the pitching. Fontaine, sparkling in a relief role, was credited with the victory. Wes Albert was the loser. Albert and Stephanuk homered for Wanham.

Woking upset Eaglesham 10-5.

In the final, the Rebs batted five homers, while Ferguson pitched a steady game in at 21-1 tourney over the Sox. B. Lazaruk, Fontaine, Rondeau, Ferguson and Jim Lazaruk contributed with circuit clouts.

Volin won first money in fastball.

TIPS FOR PARENTS

By EDITH HENRY
Parent Education Associates

IF you go by car on a long journey with children there are some pointers from experienced travelers to help you on your way, happily.

Eventually fatigue sets in. Children grow bored with just looking.

Before this gets out of hand, provide a legitimate outlet for the children's need of activity and change. It's more efficient to forestall fatigue and boredom than to try to overcome it.

When you are planning the trip allow time for short stops in your schedule:

—where there will be a park with swings and slides.

—or a beach to provide a refreshing bathe.

—where a special interest can be satisfied as at a zoo.

—or just stop by the roadside and have a run. A large ball and a family game can add to the activity and excitement.

All children are different. Some need more of this refreshment than others.

Otherwise the occasional monotony of the trip can be relieved by play things and games. Use these one at a time, replacing when the child gives indications of lack of interest in them.

For young children: Beads, straws or buttons to string, a small box of bolts and nuts of varying sizes, a gadget board to work at, small trucks or cars, dolls with clothes and covers, a magnet, a drawing book and crayons, an egg timer, books, or favorite toys.

For older children: Key puzzles, jig-saw puzzles, a viewmaster, playing cards, a magnet, drawing book, pin-wheels to hold out the window, or streamers.

Collections can be made by the wayside — stones, pine cones, leaves, shells. Charts can be kept of the weather, the route, of animals seen, etc.

A music period can be fun. Try part-time singing and rounds.

Mannville Scouts Win Competition

MANNVILLE — Taking part in the Camporee exercises at Cold Lake recently, Mannville troop scored first in the feat of putting up a tent blindfolded. They completed the task in five minutes, while others in opposition had not even found their tent. The boys taking part were: Terry Hasinoff (acting patrol leader for Jack Hughes who was unable to attend because of illness), Kevin Manz, Bob Baldwin and Larry Bauer. Approximately 10 of the Mannville troop were there at the Camporee, and all were officially presented with crests.

Prizes Awarded SS Pupils At Picnic

REDWATER — The Anglican Church and Sunday School picnic was held on June 11 at the Imperial picnic grounds. Races were enjoyed by old and young alike and many prizes were given.

The WA provided ice cream cones for all the children. Basket lunches were brought by each family and a community lunch was served.

One of the highlights of the day was the presentation of awards to the Sunday School children for attendance during the past season. A white Bible went to Bonnie Jean Cormack for perfect attendance. Mary Anne Cormack and Wendy Harley received books as second prize for attendance. Two awards were given for the best work done at Sunday School during the past year. First went to Norman Trelford and second was won by Mary Anne Cormack.

R. Wade Awarded Seeding Contract

The Hon. L. C. Halmrast, minister of agriculture, has awarded the contract for tilling, seeding & harrowing of lands in the Wanham community pasture to R. Wade, Wanham.

The following is a list of the tenders received for this work.

James McSweeney, Wanham, $7.00 per acre; Wm. B. Wozniak, Roy Krough, $5.50; Frank Bosomworth, Roy Krough, C. A. Wagar and W. J. McInnis, Rycroft, $7.50 $5.00; V. E. Krefting, Rycroft, $5.00; R. G. Green, Wanham, $5.00; A. W. Connell, Box 211, Wanham, $5.00; W. E. Curtis, Rycroft, $4.75; Harry Frank Heck, Wanham, $4.75; A. R. Hill, Wanham, $4.75; H. J. Rieger, Rycroft, $6.00 and $4.00; George Lemarquand, Rycroft $6.00 and $4.00; F. J. Podruzny, Wanham, $3.99; B. W. Archer, Box, 232, Wanham, $3.75; Irvend Madsen, Belloy, $3.50; F. F. Shattuck, Wanham, $3.40; R. Wade, Wanham, $3.35.

Sheep Shearing School At Lavoy

LAVOY — A successful sheep shearing and sheep management working school was held last Wednesday at the farm of John Kott, when approximately 25 persons gathered to see sheep shearing by hand and machine, sorting and packing of wool, treating sheep for worms, spraying for ticks, etc. As this was a working school, those attending were encouraged to shear the sheep they had brought. During the lunch period, questions were asked and a general discussion held.

Mr. Chomik, district agriculturist, was present and opened the school, and A. J. Charnetski, of the department of agriculture, was the chief lecturer, assisted by several others. Schools are operated by the Alberta department of agriculture with Alberta Provincial Wool Growers' Association cooperating.

FIVE GENERATIONS — (Seated, left to right): Mrs. Mary Brucenowsky of Pakan, holding her great-great-grand-daughter Carmen Christine Polanski of Thorhi'd, seated beside her is her daughter Mrs. Dora Rachuk of Smoky Lake. Standing left to right is Mrs. Phylis Polanski of Thorhild, and beside her, is her mother Mrs. Anna Tomnuk also of Thorhild.

Mrs. Mary Brucenowsky Of Pekan Heads Family Of Five Generations

THORHILD — Mrs. Mary Brucenowsky of Pakan, a great-great-grandmother, at 95 is still very active. She lives in her own house, built in 1902, keeps it spotlessly clean and tidy, does her own cooking, washing, and each year plants her own garden. She is alert and her mind appears to be just as clear as a bell. In commenting about the future she said, "I am looking forward to a good summer and a nice garden."

Mrs. Brucenowsky was born in Bukowina, Austria, in 1866. She was married in 1888 and came to Canada with her husband and family in 1902, settling on a homestead in Pakan district. Five of the nine children are living. Her husband passed away in 1915. Her second oldest daughter, Mrs. Dora Rachuk, 67, a widow, is retired and lives in Smoky Lake. The other three members of the five generations reside in Thorhild. They are: daughter of Mrs. Rachuk, Mrs. Anna Tomnuk, wife of George Tomnuk, president of Thorhild Motors Ltd.; their daughter Mrs. Phyllis Polanski, a school teacher and wife of Edward Polanski, proprietor of Superior Electric in Thorhild and their daughter Carmen Christine.

In commenting about her life Mrs. Brucenowsky said, "I worked hard, never was sick, and always managed to keep happy."

Since her 70th birthday her main diet has consisted of whole wheat bread and milk, and for the past 25 years seldom ate more than two meals a day.

4-H Club Girls Make, Remodel Hats

MANNVILLE — The 4-H Clothing Club girls and mothers went to Mrs. Jackson's for a pot-luck supper. Following the supper Mrs. Johnson gave a demonstration on how to make and remodel hats. After this the girls decided to make hats in the fall.

Doris de la Salle resigned as secretary and Arleigh Stephenson was elected. The club would like all members present at the next meeting which will be held at Mrs. Jackson's home on July 11 at 7:30 p.m. to work on the thematic display to put in the Vermilion Fair

Farmers' Day Celebrated By Egremont Groups

The Egremont FUA and FWUA banquet and dance held Farmers' Day, June 10, was well attended by FUA members and those invited from Egremont and the neighboring FUA locals and towns.

The FWUA friendship quilts were raffled and the lucky winners were Mrs. Carl Stenpfle and Mrs. Alec Oleksiw. Two cups and saucers were donated by Mrs. N. Wawryko and the lucky winner was Mrs. Sam Vercholuk.

The $10.00 door prize, a Co-Op food hamper, was won by H. Nikipilo.

Spedden Retains Basketball Trophy

On June 11 approximately 50 Spedden pupils motored to Smoky Lake in Mr. Romanchuk's school bus.

Two intermediate softball teams, two High school softball teams and a High school girls' volleyball team competed for the divisional titles.

Spedden retained the girls' basketball trophy and the intermediate girls won a trophy.

CONSTIPATION

(Continued from Page 9)

the large intestine to the end. This action of successive tightening of circular muscles is sometimes called "milking" action. Sometimes it is called a wave or contraction. Thus, by muscle action, the contents of the intestines are moved along the canal and it is evident that normal "bowel" action is dependent upon the normal action of of the "bowel" muscles.

Muscles cannot do their work properly if they do not get proper nutrition. Therefore the intake of food should be sufficiently nourishing. In the case of the "bowel" action muscles the food must contain a certain amount of roughage or bulk, not as an article of nourishment but to furnish a natural stimulus to "bowel" action. For this as well as other natural reasons the Chiropractor may sometimes deem it advisable to change the eating habits of constipation victims.

However, a proper intake of food is not an assurance of a proper supply of nutrition to the muscles of the intestines. After the food in a proper diet is properly digested and absorbed into the bloodstream, it then becomes available to the muscles of the intestines to circulation of blood to the intestinal walls. If this circulation is inadequate the nutrition to the intestinal muscles will be deficient and those muscles will not act properly even though there might be adequate roughage and nutriment in the diet.

A study of the physiology of circulation to the intestines shows that this circulation is under the influence of nerves which leave the spinal cord and pass through openings between the bony segments of the spinal column before they distribute to the blood vessels of the intestines. This physiologic fact should be kept in mind.

Muscles act under the influence of nerves. It is generally understood by most people that, if a nerve which controls muscle action is cut, there will be muscle paralysis. The muscles of the intestines are no exception. If the nerves which control muscle action are handicapped in any other way, muscle action will be handicapped. And, since "bowel" action depends upon the action of intestinal muscles, constipation can be, and usually is, a result of interference with action of the nerves which influence the action of intestinal muscles.

Just as our physiologic studies teach us that nerves which influence circulation to intestinal muscles pass through openings between the bony segments of the spinal column, so do those muscles pass through openings between the bony segments of the spinal column, so do those studies teach us that nerves which directly influence the action of intestinal muscles pass through these same spinal openings. With this knowledge it became evident that spinal distortions can so interfere with these nerves as to be a basic cause of constipation. In the vast majority of cases spinal distortions are the basic cause. This is why constipation responds so well to adequate Chiropractic care.

Let us reiterate that constipation is not something that we should expect as an inevitable part of life and that it is not a condition that we can pass over lightly as something harmless, even though artificial aids might be used. In the interests of future health we should recognize constipation as a condition from which an afflicted person should make every effort to recover. It is also a condition in which a full effort to locate the cause has not been made if a Chiropractic examination has been overlooked. And, the record of Chiropractic indicates that it is safe to say that constipation is a condition from which a vast majority of victims can recover under Chiropractic care.

The fast-talking salesman takes advantage of the average person's greed to put over his "something for nothing" deal.

Lilac Tea Last Function To Be Held In Old Catholic Rectory

LAC LA BICHE — The Catholic rectory has been the scene of many enjoyable functions over the years but the last tea to be held within its walls was the lilac tea put on by the Ladies of St. Catherine recently.

Built in 1915, the tall old fashioned rectory was put to many uses during the early years of the town. Now the parish has outgrown the building and plans are to demolish it to make way for a modern rectory to be completed this summer.

The tea, attended by some 100 ladies, was a colorful and delightful affair. The hall was artistically decorated with mauve, pink and white streamers and bouquets of fresh lilacs were used in profusion throughout the room and on the tea-tables. The bright summer dresses of the ladies blended gaily with the color scheme throughout the hall.

Two pioneer ladies and two newcomers among the younger set poured tea during the afternoon. They were Mrs. Dan Joncas and Mrs. Louis Richards representing the pioneers and Mrs. Louis Shewchuk and Mrs. Murray Thompson the newcomers.

A dainty lunch of fancy sandwiches, cakes and cookies was served.

Music was provided throughout the afternoon by Mrs. Bob Joncas and several of her talented pupils, including Donna Hamar, Anita Senetza, Rita Maccagno, Joanne Cadzow and Lynn Breau.

Winner of the free entry prize was Mrs. Ellen Gargus.

The Ladies of St. Catherine's extend their thanks to all who helped to make the tea such an overwhelming success, to the ladies on the various committees, as well as all those who supported the affair by their presence.

Czar Seniors Win 2 Double-Headers

Czar residents have been treated recently to a number of ball games at the lake. On Sunday the seniors played a double-header against Coronation and Kessler, winning both games.

The Czar and Provost Pony League played at Czar and the former won 17 to 11.

The Little League lost its game Friday night at Hughenden.

Kinuso

Mrs. Charlie Griffin spent a couple of weeks in Edmonton visiting at the home of her niece, Mrs. Drinkwater.

Baseball Notes From Owl River

The latest community project here is Sunday afternoon baseball.

The teams have played at the homes of Mr. and Mrs. Frank Thompson and Mr. and Mrs. John Hutzegal. They plan to play at various other homes during the summer.

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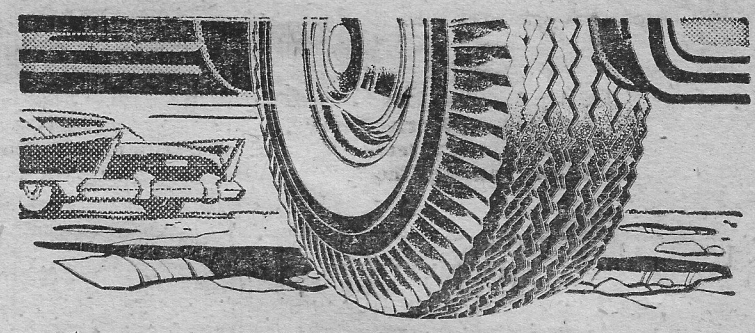
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